

OTTAWA JEWISH

March 29, 1993

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BULLETIN & REVIEW

Foundation Grants

1992 allocations approach half million

A wide variety of educational, charitable and social service agencies in Ottawa and Israel were the beneficiaries of grants announced by the Ottawa Jewish Community Foundation for the year ended Dec. 31, 1992.

According to Gerald Berger, president, \$492,613 was distributed as compared with \$455,795 in 1991. The figures represent income earned during the year from invested capital contributed to the various funds administered by the foundation.

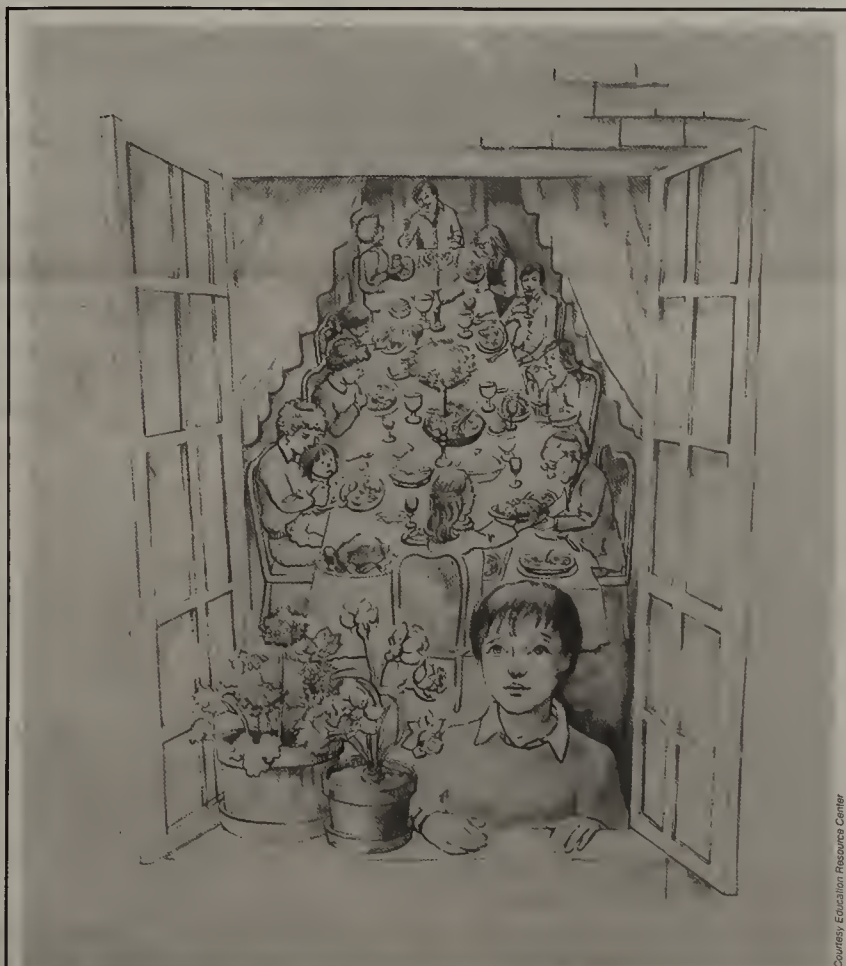
The process includes consultations with either the donor or family each year in accordance with the terms under which the funds were established. Their preferences are taken into account by the Grants and Allocations Committee, chaired by the first vice-president Daniel Kimmel, and ultimately by the Board of Directors.

At the end of 1992 there were 359 individual funds under administration with a capital of \$6,152,791 as compared to 344 funds with a capital of \$5,172,340 in 1991. The insurance program initiated in 1986 has reached \$7,710,000 as compared to \$5,050,000 in 1991.

Contributed capital is retained and only the income is used each year for approved local, national and overseas causes. Foundation leaders are delighted with the progress and the degree of acceptability which the program has in the community. The healthy growth each year in the capital is a direct reflection of the confidence which the foundation enjoys and the desire of the donors to link themselves or loved ones with significant charitable endeavours in perpetuity. An alphabetical listing of funds in the foundation showing the recipients of grants for 1992 begins on page 21.

INDEX

Candle Lighting	32
Commentary	3
Community Calendar	32
Foundation Donations	29
From Soup to Nuts	6
Spotlight on Neot Herzl	20
View from the Pulpit	4



In each generation, every individual should feel as though he or she had actually been redeemed from Mitzrayim, as it is said: "You shall tell your children on that day, saying, 'It is because of what Adonai did for me when I went free out of Mitzrayim.'"

The Passover Haggadah



Vaad Report

Dr. Maureen Molot, President
PRESIDENT, OTTAWA VAAD HATR
JEWISH COMMUNITY COUNCIL

HILLEL ACADEMY: Some two weeks ago I was privileged to attend the annual grade 1 *siddur* party at Hillel Academy. Like all the parents and grandparents in the room I *shleped nachas* at the extraordinary performance these grade 1 students put on. The more than 50 students demonstrated the enormous amount they have learned since September, singing in Hebrew, English and French, as well as a myriad of other languages (including Chinese). As a strong believer in Jewish education and the importance of education as a critical factor in Jewish continuity I came away from that morning with a strong sense of satisfaction that Hillel Academy, which is a major recipient of UJA dollars, is doing an impressive job. **Mazel tov** and **yasher koach** to the students and teachers of grade 1 and the administration and the Board of Hillel Academy.

HUMAN RESOURCE DEVELOPMENT COMMITTEE:

In every community the cultivation of human resources is critical to the future of the community. Jewish communities in North America are now devoting more time and energy to this essential activity. One way to develop human resources is to recruit and educate young leaders, something I discussed in a previous column. A second is to make certain that community organizations have sufficient volunteers to operate their activities and boards and the programs to upgrade the skills of current organization board members. To tackle the latter challenges the Human Resource Development Committee, chaired by Susannah Dallen, recently held its first meeting. Among the issues discussed were the mandate and composition of the committee, the tracking of community involvement by graduates of the young leadership development programs, and a survey of community organizations to determine their human resource needs. If any of you have suggestions with respect to human resource development please feel free to communicate those to the staff at the Vaad offices.

THE NEED FOR VOLUNTEERS Jewish Family Services needs volunteers to visit and otherwise assist seniors in our community. Bev Grostern of JFS coordinates a small but dedicated group of individuals who undertake a variety of activities, including visiting, calling, and driving. If you have time to share and are prepared to make a commitment of at least six months of assistance, please call Bev Grostern at the JFS offices.

MARCH OF THE LIVING: It gives me great pleasure to announce that Dr. Harry Prizant has agreed to chair the Spring 1994 March of the Living. This UJA program, which takes Jewish youth from around the world to Poland and Israel, has attracted great interest in Ottawa. Indeed, three participants on the 1992 March will be on *Shalom Ottawa* in mid-April discussing their impressions and experiences. While it is many months before there will be a call for applications for the 1994 March of the Living, it is not too early for interested teens to begin to think about participating in what has become a seminal experience for many of our youth.

UJA - OPERATION EXODUS. The 1993 UJA campaign, chaired by Lawrence Soloway, with the Women's Division co-chaired by Pat Flesher and Ray Goldstein, is winding down. Campaign leadership and workers have done an extraordinary job in raising funds in a difficult environment. Although the campaign is certainly not over yet, and cards remain to be done, it looks like Ottawa will be one of the few cities in North America to reach the campaign level of the previous year. **Yasher koach** to all lay and professional staff for a job incredibly well done.

UJA campaigns have two parts to them - the pledge and the payment. With the campaign coming to a close, we now all have the responsibility to fulfil the second part of the campaign promise, to pay our pledges and to do so as soon as possible. The same need is there for outstanding *Operation Exodus* pledges. Although the numbers of immigrants from the former Soviet Union are not at the level they were a year or so ago, immigrants continue to arrive in Israel weekly. Moreover, the settlement and acculturation process continues. Dollars are desperately needed. Please remember to pay your pledge.

PESACH. Most of us need little warning that *Pesach* is almost upon us. For many Jews this is *THE* holiday, the one with which we identify strongly and the one that characterizes much of what we as Jews stand for. On *Pesach* we are obligated both "to tell" of the Exodus from Egypt and "to remember" the event. The Exodus is important because the lessons gained from the experience of slavery in Egypt and redemption provide a powerful basis for many important concepts of the Jewish faith and ethic. The *seder* is the Jewish family experience par excellence as we teach and hopefully inspire the next generation. The holiday is one on which many of the principles of life are based and which we should recall not only the first two nights of *Pesach* but on a daily basis. **Chag sameach** to you all.



The Jewish children in the Ghetto.

Credit: My Brother's Keeper, Artist: Israel Bernbaum

Anniversary of Warsaw Ghetto Uprising

The Ottawa Holocaust Remembrance Committee invites the community to participate in the world-wide commemoration of the 50th anniversary of the Warsaw Ghetto Uprising on Sunday, April 18.

The ceremony will take place from 11:00 a.m. until noon at the Jewish Community Centre auditorium, 151 Chapel St.

The Warsaw Ghetto Uprising is remembered for the bravery of those who fought, not only for their own survival but for the future of Jewish existence.

Mordechai Anielewicz, the leader of the Jewish Fighting Organization who led the Warsaw Ghetto Uprising, wrote for posterity: "We will give our death a historic meaning and full significance for future generations."

In an excerpt from a manifesto issued on the fifth day of the Uprising to the Polish underground and the inhabitants of Warsaw, ZOB leader on the

Aryan side, Yitzhak Zukerman, wrote about "the war that we have been waging against the brutal occupier these past few days."

"Every doorstep in the ghetto has become a stronghold and shall remain a fortress until the end. All of us will probably perish in the fight, but we shall never surrender. We, as well as you, are burning with the desire to punish the enemy for all his crimes, with a desire for vengeance. It is a fight for our freedom, as well as yours; for our human dignity and national honour, as well as yours. We shall avenge the gory deeds of Auschwitz, Treblinka, Belzec, and Majdanek!"

The Ottawa Holocaust Remembrance Committee, chaired by Vera Gara, will lead the community in an hour-long ceremony to commemorate the martyrs and heroes of the Shoah. A number of people from the local Jewish community who are from Poland, some of whom were at, or were connected with the War-

saw Ghetto, will be participants. Rabbi Mordechai Berger will deliver the rabbinical remarks. Survivor David Shentow will present a personal account.

For further information please contact Ruth Kahane at 789-7306.

A one-hour special on *The Holocaust As History: What Do We Tell Our Children* will be aired on Shalom Ottawa, Rogers Cablevision Channel 22, on April 29 at 9 p.m.

Hosts Ed Fine and Marion Silver will speak with a panel of Holocaust survivors who are active in explaining the Holocaust to school students. They will also discuss the issue with students who participated in *The March of The Living* last May.

The program will examine the questions of how children make sense of the Holocaust and how adults explain it to the next generation.

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Commentary

Myra Aronson

Appreciation of order, ritual and tradition.

Have you ever noticed that the major Jewish holidays are either very early or very late - that they're never on time?

I was reminded of this curiosity when someone recently asked me if I had started my Passover shopping since the holiday was early this year. The fact of the matter is, that not only had I finished my grocery order but had settled on my menu, my table setting and seating arrangements. Impressed? Don't be. It's all arranged because I do the exact same thing every year.

No, it's not because I'm lazy or - what's worse for me to be accused of - uncreative. I just like the ritualized nature of Passover. In a world that's constantly in flux, when you can't depend on anything to stay the same, I find the predictability and timeless traditions of Passover very reassuring.

To begin with, I am always moved by the story of the Exodus and year after year sit spellbound at the Seder table listening as layers of heritage unfold. I share in the belief that the liberation was universal. "It is as though we have all been delivered from Egypt." Although this message has unfortunately played itself over and over throughout our history, there is always the undeniable and sobering conviction that all of us have been redeemed.

At this particular time, I am acutely aware of the exquisite thread that weaves through the generations and inextricably binds us to the past, present and future. We are all part of a rich and colorful tapestry, stamped by a common experience. In contrast to the jigsaw puzzle of everyday life, when one doesn't really know how all the pieces will eventually fall, our conviction that "we are one" is intractable.

Some of you may think of me as hopelessly bound by tradition and you would be right. But I take comfort in the order of events that distinguish this holiday.

I enjoy the lead-up to Passover as much as the festival itself. More than any other holiday, at least in my home, it involves the participation of the entire family. From the youngest, who searches for any trace of chametz, to the strongest, who schlep and relocates entire sets of dishes, there's a job to be done.

Over the years, the group of regulars around our Seder table has grown to encompass an increasing number of family members and friends. Since each individual has a favourite dish, I try to accommodate everyone's tastes. So begins the cooking marathon.

You don't want to hear about the ingredients. Let's just say I keep a legion of chicken farmers very happy supplying enough eggs to meet my demand. At any other time of year, I would react in absolute horror to a cake recipe that called for a dozen eggs, but at Passover, I shrug and "start cracking." Then there's the oil - I don't even want to think about the amount of that ingredient I use.

However, what's most important, save for the introduction of a new dish now and then, is that the Seder meal is basically the same year after year. You can count on it. That to me is part of the delicious anticipation as we sit down at the Seder table. There will be no surprises - everything will unfold as it always does.

Some of my fondest memories of childhood are Seders spent with my Bubby, aunts, uncles, cousins and of course immediate family. It is that cherished legacy that I hope to pass on to my children.

We've had several requests for an Adult Book Review column. Anyone interested? Are you a voracious reader of Jewish interest books? Would you like to share your thoughts and critiques? The Bulletin would like to hear from you.

In fact, we are always on the look-out for new columns and writers. If you have an area of expertise that you would like to write about, or have reporting or photography skills, contact the Bulletin office 789-7306.

Bulletin Deadlines

Wednesday, March 31 for April 19 issue

Wednesday, April 14 for May 3 issue

Wednesday, April 28 for May 17 issue



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The Bulletin cannot vouch for the kashruth of the products or establishments advertised in this publication unless they have the certification of the Ottawa Vaad Hakashruth or other rabbinic authority recognized by the Ottawa Vaad Hakashruth.

Saturday, April 10

Peter Silverman to Speak on Resistance

A Holocaust survivor who strives to educate the Jewish and non-Jewish communities about Jewish armed resistance against Nazism will speak at a program on Parliament Hill prior to Holocaust Remembrance Day.

Peter Silverman, a 68 year-old Toronto builder who co-authored the biographical account, *From Victims to Victors*, will share his personal saga of life in the Resistance. The program will be held on Saturday, April 10, at 9:00 p.m. in the Old Reading Room, Centre Block, Parliament Hill. The program is co-sponsored by the Holocaust Remembrance Committee and Adath Shaalom Congregation.

Peter Silverman's involvement in Holocaust education mushroomed about five years ago. He has been actively involved in speaking in schools at all grade



Peter Silverman in the Resistance.

levels and at universities. He recently conducted two sessions during Holocaust Education

Week in Toronto at public libraries and conducted a tour and discussion of "The Courage To Remember" exhibit in Russian at the Jewish Community Centre.

As described in *From Victims To Victors*, Silverman's experiences portray the words "revenge, self-sacrifice and heroism." When he was 16, the Jews in his town, Jody, on the Polish-Lithuanian border, were liquidated. He and two cousins with whom he co-authored the book, found weapons and hid. In shooting a Nazi policeman and escaping in April 1942, they performed the first act of Jewish armed resistance in the Vilna area.

Silverman and members of his family were hidden by a Catholic farm family until he joined a partisan brigade called Spartak. His life and activities as a partisan in Spartak will be elaborated on in his presentation.

A limited number of copies of *From Victims To Victors*, donated by the author, will be available to those in attendance.

Refreshments served will be strictly Kosher for Passover.

Mailbag

Tribute to a friend

Dear Editor:

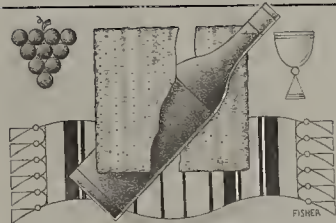
You do not know me and I have never had the privilege of meeting you but your "Commentary" in the January 29 edition of the Bulletin compelled me to write to you.

I somehow had not realized that in 1993 young people still cling to and cherish friendships as I had in my youth. Typical of the senior citizen mentality, I frequently felt that today's generation was too wrapped up in doing their own thing - too mobile a society to develop deep-seated, meaningful friendships.

Many years ago I was born in Ottawa - I grew up there - migrating to New York City in 1946 and more recently to Sarasota, Florida. I was 12 years old when my fat little legs took me up the stairs of the old Ottawa Talmud Torah to attend my first Young Judea meeting - there I met my friend. We grew together - we laughed and we cried together. Although we lived hundreds of miles apart space did not separate us. For over 60 years, seeing each other, speaking to each other, touching each other became a necessity as our respect, affection and acceptance grew beyond question.

In Ottawa I found a most precious gift - a lifetime friend - Thelma Rivers Steinman.

Dora (Blushinsky) Chalif
Sarasota, Florida

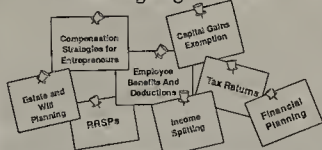


Pesach 1993 / 5753

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View from the Pulpit



Pesach — What if?
By Rabbi Dr. Reuven P. Bulka
Congregation Machzikei Hadas

What if? If things had been different, how would the world look now? This is a question that at first blush merely feeds one's curiosity for the hypothetical, and nothing more.

What if the Allies had not prevailed in the Second World War? What if the State of Israel had not been re-established in 1948? What if Mikhail Gorbachev had not become the leader of the Soviet Union? Since all these events did actually take place, it appears to be a waste of time to ask, "what if?"

But there are "what ifs" that are more than mere curiosity; "what ifs" that project important messages about who we are.

One such "what if" deals with the enslavement of the Israelites in Egypt, the cruel bondage and the miraculous redemption. What if that had not occurred? What if the Israelites had never ventured into Egypt, and had never become enslaved?

Surely, much that has become basic Judaic affirmation would not be so. Our daily liturgy of thanks to God for the Exodus would be missing. There would be no mention of this great event as it appears in the Shema, the Ten Commandments, the Kiddush, etc. And, needless to say, we would have no Passover to celebrate.

In a convoluted way, this argument from the hypothetical almost leads to the proposition that we should be grateful to the ancient Egyptians for the legacy bequeathed by their cruelty. This is hardly a pleasant thought. It is likewise inconsistent with our expressed revulsion at the evil perpetrated by Israel's taskmasters.

But what about the "what if?" It seems that, no matter how, the Israelites were destined to experience enslavement. God, in that famous covenantal encounter with Abraham, then still Avram, tells him that his posterity will experience enslavement in a foreign land, after which they will experience a great redemption (Bereshit, 15:13-14).

That Israel would experience enslavement was already a foregone conclusion long before the event itself.

Avraham, that great defender of justice, does not utter a murmur of protest at the news that his posterity will suffer. He does not ask why; he accepts it.

There is great promise for Israel, but that promise comes at a price. The price is the enslavement of the community of Israel, an enslavement that would unfold prior to Israel being redeemed.

Why? The Torah is founded on the profound relationship between God and Israel. The Torah itself contains so many regulations that relate to the area of human sensitivity.

We are obliged to love the stranger, since we were strangers in the land of Egypt (Devarim, 10:19). We are obliged to be sensitive to the Egyptians, since they gave us domicile in their land (Devarim, 23:8).

There is an entire complement of laws adorning our empathy for the poor, and delicacy in human relations.

Is it humanly possible for a people to keep up with such laws? Is it possible for mortals, with a natural proclivity for creature comfort, to actually behave in a self-transcending way? It is possible, yet not necessarily likely.

But the enslavement prior to nationhood changed all that. The people as a collective lived through the first-hand experience of deprivation: wives living widow-like as single parents, husbands separated from their families and children cruelly manhandled and denied the basic pleasures of being parented in a joyous manner.

The Israelites were given a never-to-be-forgotten lesson in the elementary needs that all humans have but which very few appreciate. Having suffered through the verbal abuse, they could better appreciate what a heinous crime it is to utter such abuse. Having lived through separation and poverty, they could better appreciate the plight of the poor and the orphan, and could thus better fulfil the Torah requirements toward these unfortunate.

Had our early history been an uninterrupted joy ride of happiness and prosperity, we likely would never have aspired to abide by God's word.

So, on Pesach, we celebrate our freedom, a freedom we could not really appreciate without it first having been denied to us. We never complain about the antecedent enslavement. We realize that this is part of our history, and that this enslavement has made it possible for us to fine-tune our human sensitivity.

To the question, "what if...?" the answer is clear. No matter what, there would have been a servitude prior to nationhood. Otherwise, our nationhood would have been nothing more than mass narcissism.

On Pesach, we express gratitude to God for the redemption, and appreciation to our ancestors for having endured, and having transmitted to us the legacy and human qualities that make fulfillment of Judaic responsibility a legitimate possibility.

Beit Yonah (Dove House)

Rabbi creates a synagogue in Somalia

SAN FRANCISCO (JTA) — Punishing heat, savage winds, vicious bugs, snakes, sand, disease: that is the world Rabbi Joel Newman described in his letters from Somalia.

The 40-year-old chaplain, who returned to Camp Pendleton last month after two months in Somalia, wrote that his temporary home was "truly a God-forsaken part of the Earth."

And yet, he told his wife in a letter dated Jan. 17, "I truly like what I'm doing, and each day I put on my desert cammos (camouflage uniform), I feel good about myself and where I am."

Janet Newman, whose contact with her husband had been limited to letters and highly erratic three-minute phone calls, said the Conservative rabbi had found unique ways to bring Judaism to U.S. personnel stationed in that troubled Moslem country.

For a while, Newman said her husband, who is the only Jewish chaplain in Somalia, held services "on a cliff overlooking the Indian Ocean."

But when the road became too dangerous, he moved his operation to an abandoned golf course — i.e., one big sand trap, she said with a laugh — adjacent to the bombed-out U.S. Embassy in Mogadishu.

There, he made a Torah ark out of a meal-rations box, placed before it an "eternal light" consisting of "a candle in a grape juice can," and named the makeshift synagogue Beit Yonah (Dove House), using his wife's Hebrew name.

Janet Newman also supplied the Torah's camouflage-colored cover, as well as the rabbi's camouflage prayer shawl and match-

ing yarmulkes.

One of those worshipping at Beit Yonah was Dr. Richard Weiner, a Navy anesthesiologist who spent five weeks in Somalia.

"It was a nice little shul," he said from his home in San Diego and "it was very comforting to have other Jewish people there."

Somalia is not exactly overflowing with Jews, although Weiner heard an intriguing story from one of his translators about belonging to a group whose "traditions were apparently close to Jewish traditions."

Weiner did not know "if they're a Lost Tribe but (an American professor) apparently looked into it and concluded that they were ancient Jewish people who came from Ethiopia or maybe Israel."

Among Americans, however, there wasn't even a minyan until mid-January. When he first arrived a month earlier, Weiner said, "there were only four of us" attending Newman's services by the sea.

"It was by far the nicest place for an outdoor shul," the San Diego doctor said. Standing on a plateau overlooking the ocean and a large natural coral formation, "you felt you were out there by yourself. Around sunset it was very peaceful and quiet."

But as the military mission progressed and gunmen were chased out of the capital city, they began to set up ambushes along the road. That's when Newman created Beit Yonah.

The little congregation grew slowly, as more and more Army personnel joined the Marines in Somalia. Weiner said he heard the week after he left that there

were 17 worshippers at Shabbat services.

"We had little prayerbooks that were so small you could put them in a shirt pocket," the anesthesiologist reported. "I liked the prayers, and there were transliterations in case you weren't up on your Hebrew."

And kosher MREs (Meals Ready to Eat) were a big improvement over military fare, according to Weiner, who said the initials are jokingly said to stand for "Meals Rejected by Everyone." He said that some of the regular military rations "were so unpopular even the Somalis wouldn't eat them."

The JWB Chaplains Council originally supplied 200 prepackaged kosher meals for the more than 100 Jewish Marines in the country. Last month they followed that up with another 4,000.

Newman put the meals to good use. In one of his letters to Rabbi David Lapp, director of the chaplains council, he wrote how he gained a reputation for "caring for the Muslim service people by distributing Korans and some kosher MREs" since no meals acceptable to Islamic law were available.

"The good will is great," he added.

When Newman returned last month, he said he left behind about 25 "congregants." Four lay leaders — Jews capable of leading services — would help non-Jewish chaplains distribute kosher meals and extra prayerbooks.

The JWB Chaplains Council had already sent Purim and Passover supplies to Somalia, including matzah, gefilte fish, soup and kneidlach.

WJC leaders meet with U.N. chief to specifically condemn anti-Semitism

UNITED NATIONS, (JTA) — Leaders of the World Jewish Congress met recently with U.N. Secretary-General Boutros Boutros-Ghali.

During the meeting, WJC President Edgar Bronfman pressed for a U.N. resolution specifically condemning anti-Semitism, something, he said,

that the world body had never done. Boutros-Ghali indicated that the proper forum to take up the issue would be at the human rights summit in June.

In Geneva, meanwhile, the U.N. Human Rights Commission voted to appoint a special official to investigate "contemporary forms of racism, racial discrimi-

nation and xenophobia."

The original draft of the resolution, put forward by Turkey and Pakistan, reportedly referred specifically to the problems of racism in Europe and North America.

Foreign workers from Turkey have been a prime target of neo-Nazi violence in Germany, which reportedly was particularly opposed to the original version of the resolution.

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Madeline Saginer
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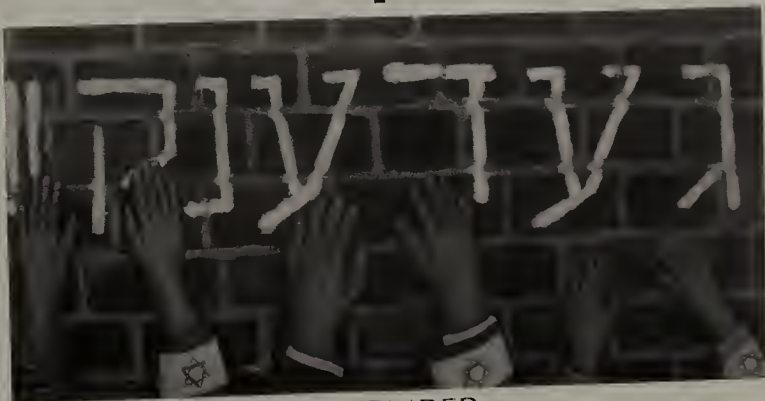
יום השואה

YOM HA SHOAH

Sunday, April 18, 1993

11:00 a.m.

**Jewish Community Centre
151 Chapel Street**



REMEMBER

Annual Memorial Observance for the Six Million Martyrs



From Soup to Nuts

By Donna Karlin

This is the time of year when I get most requests for recipes; not just any kind, but easy, innovative and delicious ones for Passover. (I don't think there is any such thing, but we can always try!!!) Every year I try to come up with at least one new meal. Usually I find myself taking a dish that my family particularly likes and adapting it for Pesach. This year we decided to try a new kind of Charoseth (as well as having the traditional apple cinnamon-nut-wine one, since my father won't budge an inch on that issue), as well as a dairy lasagna and one new fudgy cake. The cakes are great - since they're so rich, you serve just a sliver for the taste and thus serve many. Enjoy and have a very happy Pesach!

Middle Eastern Charoseth

2 cups chopped walnuts 10 large soft pitted prunes
25 pitted soft dates at least 1/4 cup Passover sweet wine
10 large Climyria or California soft figs Ground cinnamon as desired
20 large soft dried apricots

In processor, process all fruit, making sure to check for any pits (even though they say they are pitted). Purée with enough wine to make a paste. Add chopped nuts and process again. Add more wine if necessary. Add cinnamon to taste. Process On/Off a few times to combine. Store in fridge up to 2 weeks. Let come to room temperature before using. Makes about 3 cups.



Salmon Lasagna Sauce

Filling:
2 7-3/4 oz tins salmon
1/2 cup sour cream
2 green onions, chopped
1/2 tsp grated lemon zest
1/4 tsp salt
Matzos

4-1/2 Tbsp butter
3 Tbsp potato starch
1-1/2 Tbsp cake meal
4 cups milk
3/4 tsp dill
1/2 tsp salt
3 Tbsp lemon juice
Sliced Swiss cheese
1/2 cup pine nuts or slice almonds

For filling, combine all ingredients except matzo and set aside. For sauce, in saucepan, melt butter. Add potato starch and cake meal and stir to make a paste. Very slowly add milk, whisking constantly. Cook over medium heat, stirring, until thickened and bubbly. If too thick, add more milk. Add seasonings and dill. Remove from heat. Add lemon juice. Pour a small amount of sauce into a greased 8x11" pyrex. Moisten matzo and place enough to make a complete layer over the sauce. Spread with filling, thinly, just to cover. Repeat 2 more times with matzo and filling, ending with filling. Pour sauce over to cover completely. Cover with slices of Swiss cheese. Cover with foil and bake at 325° for 35 minutes. Remove foil, sprinkle with nuts and broil for 2 minutes or until cheese is bubbly and golden brown. Serve immediately. Serves 6-8.

Chocolate Mocha Torte

1 lb unsalted butter 12 oz semi-sweet chocolate
1 cup plus 2 Tbsp sugar 4 oz bittersweet chocolate
1 cup plus 2 Tbsp strong coffee 8 large eggs

Preheat oven to 350°. Line a 9" springform with foil, grease then dust with cake meal, generously. Set aside. In saucepan, over low heat, melt together the butter, sugar and coffee. Whisk well. Add chocolate and stir until completely melted. Remove from heat and add eggs, slightly beaten. Whisk well together and pour into prepared pan. Bake for 55-60 minutes. Cake is done when it has formed a crust on top and is dry to the touch. Chill 12-14 hours. Slice very thinly to serve.

Weighed 550 pounds

Guinness declares world's largest hamantash

NEW YORK, (JTA) — The Guinness Book of World Records has made it official.

Seventeen students at the Hadassah Hotel Management College in Jerusalem have baked the world's largest hamantash.

Actually, they put together 1,800 small hamantashes and cemented them together with a sugar, jam and crumb paste.

The triangular cookie weighed 550 pounds and included 198 pounds of flour, 350 eggs, 17.6 pounds of poppy seed and 50.6 pounds of margarine. It was 4.5 feet long per side and 3.5 feet high.

The hamantash was split in two, with half going to the children at Hadassah Children's Pavilion on Mount Scopus, and the rest given to Ethiopian emigrant students at a Hadassah preparatory course in Jerusalem.

Lawyers from the Guinness Book of World Records approved it as an entry for next

year's edition.

The problem was not so much how to assemble it, but how to

get it out the door, said Wendy Hirschhorn, Hadassah spokeswoman in New York.

McDonald's in food fight over Israeli-grown potatoes

JERUSALEM, (JTA) — McDonald's has filed an official complaint against Israel for its efforts to prevent the fast-food company from importing its own potatoes for franchises slated to open here by the end of next year.

The company filed a complaint with the U.S. government, contending that Israel was obstructing free trade and that Israeli potatoes do not meet the standards for its famous french fries.

Israel's Agriculture Ministry

has denied the charge, claiming it has been cooperative and will arrange for the chain's brand of potatoes to be grown in Israel.

The ministry has chosen a potato processing firm, Tapud, to produce the french fries for McDonald's.

McDonald's has begun issuing franchises to local businessmen throughout Israel. But it has insisted that it be allowed to import its own fries or have Israeli farmers grow a new strain of potatoes to meet its strict standards.

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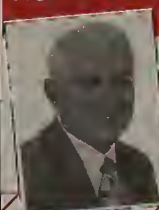
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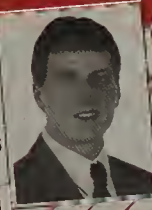
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KOSHER CORNER

Report of Vaad Hakashruth

A Guide to shopping for Passover products

Shopping for Pesach can be an exacting exercise. Besides finding the right supplies at the right store, consumers must be extra careful in ascertaining the ritual fitness or kashruth of food and personal use items.

To make it easier this column provides a digest of what to look for and where to find it.

Good selections of Pesach foods and related products are available at Capital Rideau and Greenbank IGAs and various Loblaw's supermarkets, United Kosher Meat and Deli and Rideau Bakery. Smaller displays are usually featured at a number of other supermarkets in town (some of which are advertised in this Bulletin), that carry year-round stocks of kosher foods.

Watch for special displays of packaged and canned Passover foods which carry Kosher for Passover labels. It is important to ensure that such labels are duly endorsed by recognized rabbinic authorities under the auspices of the MK, COR, U-O, Israeli Rabbinate or other qualified certifying authorities.

In Ottawa, the following products will be under the Kosher for Passover certification of the Ottawa Vaad Hakashruth using the V-H symbol.

Dairy - Homogenized and 2% partly skimmed milk will be available a few days before Pesach from Sealtest Dairies.

Fish - Fish will be available from Blue Heron Fishery, 375

Richmond Road.

Catered Foods - Jack Smith Kosher Catering, Jack Edelson Catering and United Kosher Meat and Deli are offering a full line of cooked and take-out foods for sale.

Chometz - Chometz foods cannot be eaten during Pesach and must either be destroyed or sold through your rabbi. All grain products including bread, cereals, white vinegar, whiskey and all derivatives or admixtures of grain are chometz. Legumes (beans and peas), rice, corn, derivatives of these foods are also considered chometz.

Special Note: "Play-doh" is chometz.

Most commercial pet food contains wheat, barley, starch, etc. and may not be used. Non-chometz substitutes are the answer.

Many types of vitamin preparations, pain relievers, artificial sweeteners, capsules, syrups and tablets for colds are free of chometz and are usable.

Cosmetic lotions, creams and ointments need no special preparation; however, it is preferable to purchase Passover approved products for oral hygiene or for application to the lips. Perfumes containing denatured alcohol are to be treated as chometz.

Dried fruits should only be purchased if they bear Kosher for Passover certification.

Matzoh - For the Pesach seders, the mitzvah of eating



matzoh is correctly fulfilled by purchasing shemura matzoh whose ingredients have been under constant supervision. Matzoh used for the remainder of the holiday should preferably be of the regular variety since those made with fruit juice, eggs, or chocolate do not qualify as "lechem oni" or "bread of affliction".

Wine - A large variety of wines and grape juices are available which are certified Kosher for Pesach. The latter are available wherever Pesach food products are sold while the former can be obtained at Ontario Liquor Control outlets, kosher caterers and the Quebec Liquor Control Board, Place du Centre, Hull.

Oral Medication - Various companies have been kind enough to provide the informa-

tion which follows. We do not have first hand knowledge of all the equipment or ingredients used.

In general, when taking medication during Passover, preference should be given to non-chewable tablets rather than chewable tablets or liquids.

Analgesics:

Adult:

Tylenol (tablets and caplets)

Ibuprofen: Advil,

Apo-Ibuprofen, Midipren

Motrin

Infant/Children:

Tylenol Drops (fruit flavoured)

Tylenol Chewable tablets

(all flavours)

Tempra Chewable Tablets

(all flavours)

Tempra Syrup (Elixir)

NOTE: Tylenol Syrup (Elixir), new Tylenol Grape Flavoured

Drops, as well as Tempra Drops, contain non-kosher glycerin. The products recommended above, do not. All tablets and caplets in this list, contain less than 50% corn starch (kitnyos); chewable Tempra tablets do not contain starch.

Antacids (Kitnyos):

Gelusil, Mylanta, Maalox

Adwe [supervised for Passover

(not kitnyos)]

Antidiarrheals:

Kaopectate (concentrate and

plain), Pepto Bismol

Laxatives:

Metamucil, Milk of Magnesia,

Prodiem and Prodiem Plain

Milk Enzyme (for lactose intolerance) (Kitnyos): The following McNeil products must either bear a COR 214 on the container or be marked with the lot #'s indicated below:

Lactaid Drops (lot #9388 or

higher)

Lactaid Tablets (lot #9444 or

higher)

It is preferable to prepare the milk before Passover. Use separate utensils.

Infant Formula (Kitnyos): All

infant formulas listed below should be used in separate utensils. Formula is available in liquid and powder. Check each container since not all forms are

con't on page 13

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Beneficiary agency of the United Jewish Appeal. Funding for the Hebrew/Yiddish instruction is provided by the Heritage Language Program, Government of Ontario, which is administered by the Ottawa Board of Education.

Pesach — Holiday of Freedom

Celebrating Passover from the former Yugoslavia to the former Soviet Union

This Passover — the holiday of freedom — has special meaning for the Jews remaining in the former Yugoslavia. The American Jewish Joint Distribution Committee (JDC) is taking measures to ensure that these Jews, who are anything but free, will be able to celebrate their holiday.

Matzah and kosher wine will be sent in by JDC and La Benevolencia, the aid society of the Sarajevo Jewish community.

In keeping with its non-sectarian work in the former Yugoslavia, JDC sent kosher food to the Muslims for their holy month of Ramadan, at the request of the Jewish community. The food, donated by the French Union of Jewish Students, is being distributed by La Benevolencia.

In Zagreb and Belgrade hundreds of the refugees from Sarajevo will be able to attend public seders. Yitzhak Ayeenmacht, a rabbinical candidate who has been studying in Israel with support from JDC, is being sent to Belgrade for two weeks to help run the seders and teach about Passover.

JDC President Amb. Milton A. Wolf noted that Passover, as the holiday of freedom, is a milestone in the Jewish lifecycle. "Today, Jews in more countries are free to live proudly as Jews. JDC, which in the past has acted as a lifeline to the Jewish world, is now assisting countries that



Above, an elderly Jewish woman in St. Petersburg receives a parcel of matzah from a local volunteer. The matzah was provided by the American Jewish Joint Distribution Committee (JDC).

have gone through political changes in maximizing Jewish culture and religion. JDC helps Jews not only to live, but to live as Jews," Wolf said.

As the overseas arm of the American Jewish community, JDC with funding from the regular campaigns of the United Jewish Appeal, serves Jewish populations throughout the world by providing social welfare assistance and servicing their religious

and cultural needs.

Over 20,000 Jews throughout Eastern Europe will celebrate Passover with wine, matzot, seder plates, maror and other Passover foods from Passover kits provided by JDC. These kits will be sent to the former Soviet Union, the Baltics, Poland, Czechoslovakia, and Hungary in time for Passover. In addition, 25,000 Haggadot will be distributed.

Kosher corner — cont'd from page 8

Kosher endorsed:
Alactamil, Enfalac, Isomil,
Prosobee, Similac

Nutritional Supplements (Kittos): These products are not produced under Passover supervision. They should be used only when there is no alternative. A rabbi should be consulted. Boost, Isocal

Dental Products: Chloroseptic, Johnson & Johnson Dental Floss (unflavoured), Corega, Polident, Effident, Polygrip, Listerine, Listermint. Colgate toothpaste and gel do not contain chametz. Preferably, toothpaste with "kosher Pesach" supervision, should be used. Crest toothpaste may contain chametz and, therefore, should not be used on Passover.

The following products may be used without special Passover supervision:

Aluminum Products: Aluminum foil (any brand), Alcan Bake-King Foilware, Alcan Foilware

Paper Products: Paper Towels: Hi-Dri, Viva, Scott Towels, White Swan Napkins; Scott, White Swan Paper Plates: Use plastic or styrofoam only

Some napkins and paper towels may contain starch. These should not be in contact with food. The brands listed above do

not have starch according to the information received.

Wax Paper: Appleford, Cut-Rite, Food Saver

Miscellaneous Baby Products: Johnson's Baby Lotion, Johnson's Baby Oil, Johnson's Baby Shampoo, Johnson's Nursing Pads, Baby Fresh Wipes (by Scott)

Alcohol: Isopropyl Rubbing Alcohol (any)

Deodorants: Mitchum-Thayer, Old Spice, Secret, Blue Stratos

Hairspray: Flex Net, Quick Takes (by Revlon)

Lipsticks: Velvet Touch, Moon Drops, Superlustrous, Germaine Montell, (by Revlon) Almay, Outrageous

Perfumes & Colognes: "Wild Heart", Bill Blass, Guess, Halston, Charlie, Jontue, Clara, Ull Sheerscent, Unforgettable, Downtown Girl, Marce

Shampoo: Johnson's Baby Shampoo, Head & Shoulders, Pert Plus, Ivory, Vidal Sassoon, Pantene

Detergents: Any Powder

Oven Cleaner: Any brand

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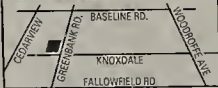


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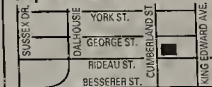
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ORGANIZATIONS AND PEOPLE

Beth Hatefutsoth is seeking new Friends

The Ottawa Section of Canadian Friends of Beth Hatefutsoth is looking for new members. Brochures have been mailed to many in the community seeking both membership renewals and new "Friends".

This marks the fifth year the Chapter has been active in Ottawa. Its purpose is to promote the Beth Hatefutsoth, the Museum of the Jewish Diaspora, and its goals.

The museum is located on the campus of Tel Aviv University in Israel. It was established over a decade ago to depict 2,500 years of Jewish community life in the Diaspora. The museum is dedicated to the principle that the key to the future of the Jewish people is a full partnership between Israel and the Diaspora.



Beth Hatefutsoth, Museum of the Jewish Diaspora.

The Ottawa Section is committed to assisting the museum in maintaining the remarkable evidence of a remarkable people and in educating people about the rich fabric of Jewry around the world.

This year, the annual mem-

bers' evening will feature the Jews of Italy. For centuries, Jews have played a strong role in that country's culture and history. The program to be held June 6

at the Nepean Civic Centre will feature Edda Machlin Servi, author of *Classic Jewish Cuisine in Italy*.

Servi, who was raised in Pignone, near Rome, now resides in New York. She is in demand as a speaker on the Jewish Italian experience as well as Jewish traditional cuisine and its relationship to Italian cuisine. There will be further details on this program in a future edition of the Bulletin.

If you have not received a brochure and wish to become a Friend, contact Fran Pearl at 726-9330 or Teena Hendelman at 235-9414. Members will receive an income tax receipt and an invitation to the June program.

Fitness classes

An eager group of women has been meeting regularly at Congregation Machzikei Hadas for evening fitness. The classes are held on Tuesdays and Thursdays from 7:00 p.m. to 8:00 p.m. in the upper social hall. The instructor, Betty Cormie, begins the classes with a warm up and stretching exercises and proceeds to low impact aerobics.

The present session runs for 10 weeks from March 2 to May 20, with a two week break for Pesach. Although classes are already in full swing, there is still room for a few more exercise enthusiasts. A new session will begin in June.

For more information, please call Rhoda Weinberg at 737-3960.



Jewish Family Services

Elaine Rabin, MSW Executive Director



Very old should choose lifestyle without pressure, panel says

Very old people have a right to take risks with their lives and health so long as they are not mentally incompetent, says a study by the National Advisory Council on Aging.

The study also says that home-support services should be developed for seniors who wish to die at home rather than in a hospital or other institution.

People in their 80s and older are sometimes pressed to restrict their activities to a point that impinges on their dignity, said council chair Blossom Wigdor.

The pressures come "mainly from the family, usually from younger, well-meaning adult children," Wigdor said in an interview.

For example, old people who have had heart attacks may be urged to avoid taking a trip or going outside even when they are aware of and willing to take the risks.

Some people are ready to risk a shorter life if it means having a higher quality of life, she said. "Making choices about how to live out one's life is basic to the individual's sense of self-esteem and dignity."

The growth in the over-80 population is one of the most striking social trends of recent years, says the report. The rate of increase in the over-80 bracket was four times that of the general population between 1975 and 1986.

"Never before in the history of humanity has such a large proportion of individuals, overwhelmingly female, survived to such advanced ages," says the report. It recommends:

- Health-promotion programs specifically for people over 80.
- Geriatric units staffed by specialists in every region to help physicians deal with the complex health problems of the aged.
- Educating physicians about the danger of over-medicating seniors. The excessive or inappropriate use of drugs, such as sleeping pills and tranquilizers, may be the single most treatable condition of old age, it says.
- More training for physicians in the special problems of old age, including depression, incontinence, Alzheimer's and dementia.
- Home-support systems "to provide maximum accessibility, ensure a continuum of care and include palliative care for seniors who wish to die at home."

The above article is reprinted from the *Ottawa Citizen* January 23, 1993. The complete study done by the National Advisory Council on Aging is available by calling our office at 789-1800 or the NACA at 957-1968.

Jewish Family Services will be conducting a group for women who are incest survivors or survivors of childhood sexual abuse. Please contact Sherry Harris, 789-1800.

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KID LIT

by Deanna Silverman

Haggadah lesson: Tailor your message

Business and advertising executives talk about niche marketing as though it's a relatively new concept. But in the parable of the four sons, the Haggadah has been teaching us that lesson for generations.

Although there are many interpretations of this story within a story, a common lesson is drawn: Know who you want to reach. Tailor your message to be meaningful to that person or group.

So, too, with Kid Lit. There is so much about Pesach that we want to communicate to our children we often overwhelm them. Instead, tailor your message. Break down the holiday and its stories into age-appropriate bite-size segments.

The following books for Pesach are right on target for their age audiences. Notice that the lower age is approximately the same, but the upper age increases as history and imagination are added.

A Taste for Noah
By Susan Remick Topek
Pictures by Sally Springer
Kar-Ben Copies, Inc. 1993
Unpagged Ages 3-5

Moses in the Bulrushes
By Warwick Hutton
Atheneum 1986
Unpagged Ages 3-8

The Ten Plagues of Egypt
By Shoshana Lepor
Illustrated by Aaron Friedman
The Judaica Press, Inc. 1988
32 pps. Ages 4-10

A Taste for Noah is the third book in a holiday series for preschoolers featuring four-year-old Noah and his chums.

Although Noah enjoys the daily craft and food preparations for his class's model seder, he's worried about charoset. He's

Veterans offer Scholarship

Last April, the Ottawa Post of the Jewish War Veterans of Canada established an Endowment Fund under the umbrella of the Jewish Community Foundation. The objective was to perpetuate their memory after they are gone.

The Post has 140 members, the average age being well over 70. At least 20 members are over 80 and one is 92.

Presently, the Fund has just over \$6,300, generating income of approximately \$300. It was decided to use these monies to offer a scholarship to a deserving Jewish student to further his or her education.

It is hoped that over the years, as the Fund grows, so will the amount of the scholarship.

Applications are now being invited from high school or university Jewish students from the Ottawa area. Applicants will be judged on scholastic ability, leadership qualities, and community involvement.

Applications should be addressed to Freda Lithwick, Endowment Fund Chairperson, 46 Hutchison Street, Ottawa, K1V 4A3, and be received no later than May 15, 1993.

A Selection Committee headed by Stan Katz will decide on the deserving candidate.



never tasted it, but he's sure he doesn't like it. It's mushy.

Fortunately, Noah has supportive friends. They convince him, ingredient by ingredient, to give charoset a try. You know the result.

Although I find the premise a bit far-fetched - it's more likely Noah doesn't remember tasting charoset, though his classmates do - Topek's ability to write for this age group is convincing. She understands their need for specific, hands-on communication and takes their concerns seriously.

Springer's bright, cheerful pictures emphasize the primary colors. In all, a good read for the nursery to kindergarten set.

Moses in the Bulrushes is a tender, simple account of Moses' birth and early childhood. Twenty-some delicate watercolors in muted tones of blues, greens and purples make this a special book.

By contrasting the cold splendor of Egyptian wealth and lifestyle with the warmth and caring of Moses' family, the pictures alleviate fears of infant abandonment and help explain Moses' ultimate commitment to the Jewish people.

For young children, it's a splendid introduction to a major figure in Jewish history.

The Ten Plagues of Egypt is a

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Volunteer for Israel program

Three weeks duty as an Israeli Soldier for IDF

by Gaye Applebaum
Gaye Applebaum, an Ottawa resident, shares with Bulletin readers, her recent experience as a Volunteer for Israel.

7:00 a.m. The fourth morning of Chanukah. A military base in the north of Israel. A scrappy group of 20 middle-aged, and not-so-middle-aged, men and women volunteers, their uniforms askew, line up, in silence. Alongside in the cold, grey dawn, is a handful of Israeli soldiers. The Israeli flag is raised and Froike, the camp commander, wishes everyone a good morning. We are very moved.

The soldiers are still trying to wake up. All of us "mitnadvim" from Canada, the U.S., South Africa and Chile enthusiastically head off to our various sheds for our first day on the job for Zahal, the Israel Defence Force (IDF).

We are a motley lot. Albert, Arnold and Guidic are all in their 70s, and are seasoned Sar-El (Volunteers for Israel) participants. Gilbert and Chuck, with many Sar-El hours behind them, both served on bases during the Gulf War, in 1991, as did Jack, Richard, the quiet one, came to Israel for the Gulf War, to help in the children's zoo at Ben Gurion's home in the Negev, but has not been on a base before.

This is the first visit to Israel for Myra, Ester, Martin and Dan. The South African sisters, Isabel and Sylvia, like many of the thousands who have been drawn to the Sar-El program during its ten years in operation, have visited Israel frequently, but wanted something more this time around.

8:30 a.m. The breakfast siren tells everyone on the base to head for the dining hall. The soldiers are all abuzz about the arrival of their new base commander. The volunteers are so busy playing Twenty Questions that we are surprised when the allotted 20 minutes passes and the siren tells us we have to go back to work. Where are you working? What are your co-workers like? Are you outside in this rain, or inside in the relative warmth? Froike gently reminds us this is a military base and the commanders expect some decorum. Chastised, we return for the next shift.

4:30 p.m. The siren tells us we have completed our first day as proud workers, contributing to Israel's essential security needs. We all head back to our barracks, wearing our Zahal uniforms proudly and gratefully, given the cold of Israel's second unusual winter in a row. As the rain pelts down, the army-supplied jackets, sweaters, and khaki pants are truly a godsend.

I am in the optical shed with Virginia, who is from California.

We pack various optical pieces for shipment to another base, where they will be repaired and replaced. Others are painting oil drums, or counting heavy-engine plugs, for shipment elsewhere.

We are very appreciated and very necessary, the new base commander tells us. If we did not volunteer, a reservist would have to do our work. His base has a limited budget for reservists. He tells us that each volunteer saves the army approximately \$1,799 since the IDF must pay reservists' civilian salaries when they are called up.

We feel very good about the work, which is routine and unskilled. I tell my friends in Tel Aviv how grateful the base commander is for our help. Ooed, a young lawyer who has just completed his reserve duty, laughs. He says that he has heard that the group after us unpacks all those lens pieces we have so carefully packed. We laugh. Perhaps its true...

It is 1993. Mid-January and still raining, cold and grey. The 20 of us join our new-found young Israeli friends, the boys and girls serving the IDF during compulsory service, for the raising of the flag on our last morning on the base. Today, the military requires us only to return our uniforms, clean up our bunks, strip our beds, say our farewells.

The three weeks have gone so quickly. We adapted easily to our brief experience as "Israeli soldiers" sharing our days with the soldiers, officers and civilians who run the base.

We all rush off to exchange addresses and to take our pictures now that we have permission from the ever-watchful Froike, who has warmed to us wonderfully in the three week period. We all vie with one another for photos with Rafi, our Sar-El assigned "madriach" (group leader). Rafi is in his eighth year as a Sar-El reservist, and quickly became a friend to everyone in the group.

Froike tells us we will be planting our "volunteers garden," like the other groups before us. We are very honored as he hands each of us a tiny "hadass" (myrtle sapling) to place in the earth his soldiers prepared for us. As long as Froike is there we will all be welcome to return and see our trees growing. Farewell hugs and we're back on the bus to our separate destinations and separate lives once more.

Each of us was drawn to the Sar-El program for individual reasons. Since the military is so central to Israel's existence, the first-timers felt that this would be a better way to learn, first-hand,



Ottawa resident Gaye Applebaum, at far left in front row, poses with her fellow volunteers at an army base in Israel.

about the country and its ever-present security concerns.

For the Sar-El "addict" like Chuck, who has served on eight bases and is not even Jewish, the program is a real opportunity to get to know the young Israelis who are on the front line, ensuring the country's future.

All of us agreed, at the program's conclusion, that it was a wonderful way to do something that was personally rewarding. The time on the base, and the interaction with the soldiers, their lives, their hopes, their opinions, gave us an insider's exposure to a part of Israeli life not seen from a tour bus. Our relationships with Israelis helped us understand, and sometimes even altered, our perceptions

about Israel. At the end, we all agreed the three weeks had been a great adventure and a lot of fun.

Many of us came away from the experience with one, two or three new friends, people we'd become very close to after living and working together for three weeks. The soldiers are often the ages of our own children. They came from Russia, Iraq and mostly from Israel. They practised their English and we, in turn, received an on-the-spot daily Hebrew lesson. The camaraderie that grew between the volunteers and the base staff was the part that made it all worthwhile.

We were very lucky on our base. The washrooms were just

down the hall from our bunks. The food, prepared by civilians, was always edible and often quite good. The gardens were beautiful, and the roses a reminder that spring would be even more breathtaking when it came to the Gafilee. But Sar-El's organizers are quick to point out that each base is different.

Some bases are more basic than others. Some are small, secure bases, some are large and open. Some are just outside cities, while others are remote and hard to reach. Because of security and different needs at different times, Sar-El cannot promise any specific accommodation in advance. One of the prime requirements that people emphasize, both in Israel and in the Canadian office, is that you should bring a sense of humor with you.

When I look back on my time on the base, I remember the funny things, the small incidents that left us laughing and feeling good at the end of each day's work.

Friends who listened to my tales of the base expressed concern that I too, might become a "Sar-El junkie," going from base to base, year after year. I assured them that having done it once, it was now out of my system, and I would not even dream of doing it again. However, it really would be nice to serve on a base in the south, where it is warmer, and... well, we'll see next year.

For more information on this program, contact Michal Strassberg at the Israel Program Centre, 789-5010.

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ORGANIZATIONS AND PEOPLE

Full range of classes

J.E.T. springs to a new semester

This year spring fever takes on a new meaning as Jewish Education Through Torah (J.E.T.) offers a full range of classes for adults on a variety of Jewish topics. J.E.T. just concluded an extremely successful winter semester and with the warmer weather even more participants are expected. In its first two semesters, more than 150 people attended various classes offered by J.E.T.

In addition to the ongoing Tuesday night Chumash class for women given by Leah Skait, and the Thursday night Bais Medrash program for men, the spring semester is featuring a two-period format one evening a week at both Beth Shalom West and Congregation Machzikei Hadas.

The new format will allow people to take two different classes in one evening, with a short break for refreshments and socializing between classes. In addition to learning more about Judaism and Torah, students will be able to spend some time

schmoozing with friends old and new.

The new schedule includes timely topics such as Making the Omer Count and Heading Towards Sinai, which will deal with the Omer period and the holiday of Shavuot. These lectures will be offered at both locations.

The Beth Shalom West classes will be offered on Sunday evenings, beginning April 18. The first period will begin at 7:00 p.m. and will offer Hebrew Level 3 given by Debbie Fischman. The second period will begin at 8:15 and feature the above mentioned lectures as well as the popular five lecture series on Essential Judaism. This series explores some of the basic philosophies in Judaism such as Belief in God, Mitzvah Observance, and the Shabbos. These lectures will be given by J.E.T. director Rabbi Zischa Shaps.

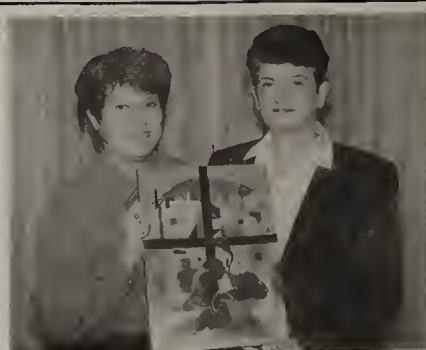
On Monday evenings, beginning April 19 two classes will be

offered at Congregation Machzikei Hadas. The first period will begin at 7:30 p.m. and will feature a set of lectures given by Rabbi Shaps. Topics will include Mystical Waters, a two-lecture series exploring the philosophy and history of the Mikveh; Jerusalem - Forever in Our Hearts; and a two-part seminar on Facts and Figures in Judaism. This seminar will present many of the basic people and events that are essential in gaining a grasp of Jewish knowledge and Jewish history.

The second period will be from 8:45-9:30 p.m. and features an ongoing class in the Philosophy of Maimonides. This class, given by Rabbi Skait, will use the actual text of Maimonides' Mishne Torah, Section One, in which Maimonides deals with some of the basic foundations of Judaism.

Beginning Thursday April 22, The Laws of Daily Conduct will be given by Lauren Shaps at her home. The class begins at 9 a.m. and is excellent for those whose schedules are flexible or who are not working. The class will focus on laws which apply on a daily basis with particular emphasis on their application for women.

This issue of the Bulletin contains an ad with more information about the specific classes being offered. Registration in advance for classes is not required, but is extremely helpful in arranging for materials. To register for any J.E.T. program or to find out more information, call 521-4437 or 789-5658.



Negev Chapter Tea convenors Sandy Bennett and Annette Albert.

Hadassah Tea on April 25

by Deanna Silverman

Negev Chapter Ottawa Hadassah-WIZO will hold its third Annual President's Tea on Sunday, April 25, from 2-4:30 p.m. at the home of Council President Marian Mayman, 14 Camwood Crescent.

Co-conveners Annette Albert and Sandy Bennett report that this year's tea will celebrate the 75th Diamond Anniversary of the Hadassah-WIZO Organization of Canada by honoring all past Ottawa Council presidents.

Tea donors will have a chance to win an acrylic painting by internationally famous Montreal artist Ghitta Caiserman-Roth RCA, who will be in attendance. The artist describes her painting as "a celebration of 'the eye' and daily visual awareness." Titled *View From Studio Window*, the scene features Mount Royal in

subtle pastel shades of blues, salmon and beiges. The approximate value of the painting is \$600.

Annette and Sandy also report that tea donors will have a chance to win five other prizes: a \$100 gift certificate from Noah's; a steak dinner for two from Nate's; a hair cut from Elegance; a manicure from Heather's; and a bottle of Alfred Sung perfume.

In addition, the tea will feature the work of Janet Agulnik and Roz Tabachnick, two of the chapter's talented craftspeople.

"Ottawa women can look forward to high tea in grand style and much, much more," Annette and Sandy promise. So circle April 25th on your calendar and enjoy a date with the women of Negev Chapter. You're most cordially invited.

It's a Girl!

Stephen and Judy Naor are delighted to announce the birth of their daughter Avital Sarah, born in Ottawa on March 3, 1993. Avital is lovingly welcomed by all her family in Ottawa, Toronto, Montreal, Vancouver, New York, Israel, England, Australia and Hong Kong.

It's A Boy!

Alan Poplove and Dr. Janice Cohen are thrilled to announce the birth of their son Jonah Daniel, born March 13, 1993. Proud grandparents are Dr. Myron and Ruth Poplove of Ottawa and Dr. Lawrence and Thelma Cohen of Montreal. Proud great-grandparents are Morris and Bertha Cohen of Montreal and Dr. Max and Josephine Levitt of Montreal.



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Sam Gitterman on being inducted into the Canadian House Builders Association's Hall of Fame by Anne Edelson.

Mr. & Mrs. Lou Eisenberg on the birth of their granddaughter by Lillian and Morris Kimmel.

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Debbie Schneiderman by Betty and Sid Finkelman.

In Memory of:

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Gertrude Wertman by Beatrice and Sam Hock.

Jack Ballon by Betty Wax and Chuck and Nathan Skulsky; and by Isaac and Helen Beiles.

Dr. Alfred Feintuch by Betty Wax and Chuck and Nathan Skulsky.

Sandy Segal by Simmie and Chuck Gardner.

Max Spector by Sylvia and Sol Kaiman; by Janet, Stephen, Tobin and Aaron Kaiman; and by Lillian and Morris Kimmel.

A dear friend Beatrice Ginsburg on the anniversary of her Yahrzeit by Lillian and Morris Kimmel.

Ralph Berzan (Montreal) by Beatrice and Sam Hock.

Mary Heichberg by the Residents, Board and Staff of Hillel Lodge.

Joan Orlik by Lillian and Morris Kimmel; by Barbara and Jeff Farber; and by Sue-zyn and David Kronick.

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Various themes unfold

The Passover story: Seder, Symmetry and Simcha

by Ian J Kagedan

The Torah opens with the fashioning of the universe from a chaotic "mili and void," *tohu vavohu*. It continues through the division of the waters and the recovery of the land. Ultimately, the events of the six days of creation advance towards the creation of humans, on the eve of the first Shabbat. Humans are told to be fruitful and multiply and fill the world with people so we may bring it under our control and assert our ownership. In doing so, (we have no choice) we assume the responsibilities of ownership and are to provide sound and sensitive management modeled after God's own management of the universe.

These same themes resound in the Pesach story, for what creation is to the natural world

Pesach is to the Jewish people. There is the chaos and unpredictability of an unending slavery and once again a division of waters, this time, the Red Sea. While our people came down to Egypt as 70 souls, we leave in great numbers. We have been fruitful and have multiplied. Pharaoh's edict to drown baby boys suggests a perceived threat to our fertility. It is at Sinai that we get the Torah, our "owners manual" to point us in a positive direction as we assume the responsibilities of our destiny. We are to manage it soundly and sensitively, for the benefit of all.

The Seder encapsulates these themes in words and symbols. It is designed to reinforce an appreciation of our purpose as adults while simultaneously instilling a

sense of purpose in our children. It is not by accident that the Seder has been a highlight of the Jewish year for millennia.

Seder means "order". The Seder is also called the "Feast of Freedom"

Seder means "order," and reflects an essential objective of Jewish tradition: the orderly and sensitive management of a world always inclined to slip back towards the primordial chaos from which it arose. It speaks to the orderly and sensitive management of human life as well, for we are always faced with the potential of overwhelming circumstances and frustrations. The Seder is also called the "Feast of Freedom." We understand this to refer to our liberation from Egyptian enslavement. But on a deeper level we may appreciate a different message: true freedom comes from order and imposes responsibility. Freedom without order and responsibility is anarchy, and anarchy is enslaving, not liberating. Sensitive management and the ordering of experience is not nearly as constraining as it is liberating. Furthermore, the comfort which predictability provides allows opportunities for the greatest creativity and spontaneity.

These are not new ideas. Society is based on norms and laws which constrain individual behaviour for the greater benefit of universal freedom. History is important (we say, "We were slaves in Egypt...") but so too is

future. Poverty is a great denier of freedom, and we are enjoined to assure that members of our community who are needy can celebrate the festival. "Those who are hungry join us to eat, those who are needy join us to celebrate the Passover." In contemplating our own freedom we recognize the reality of those who would deny it. We can go beyond this to recognize the plight of all those who face hatred and oppression and are denied their human dignity.

As we consider the Seder overall we get a deep sense of its message of order and symmetry, and the simcha (joy) which can flow from it.

The Seder plate contains a number of symbolic foods

The Seder table is set as an ordinary festive table but with special additions. A large plate contains a number of symbolic foods: at the top there is a roasted egg with a shank bone to its right. On the next level, in the middle of the plate, there is the *maror*, bitter herbs, with *karpas*, greens, to its left, and *haroset*, a sweet mixture of apples, nuts, wine and fragrant spices, to its right. The egg may represent both the ancient festival sacrifice as well as the birth of springtime. The shank bone represents the paschal lamb that was offered when the Temple stood. The *karpas*, like the egg, represents the freshness of spring, but as

well, the appetizer at the meal of free men in the (Graeco-Roman) culture of Second Temple times. The *haroset* represents the mortar used by the ancient Israelites in building Pharaoh's storage cities. The *maror* represents the bitterness of enslavement. The very arrangement of these symbolic foods reflects the separation between the animal and plant worlds; between what will be eaten at the Seder and what will merely be observed. Perhaps, there is also a reference to the cycle of birth (*karpas* and egg), growth (bone and *haroset*, its marrow) and death (*maror*).

Also on the Seder table is a plate with three *matzot*, cups of wine for each participant, and bowls of salt water. The *matzot* reflect humility - they are "the bread of our affliction." The ancient Jewish philosopher, Philo of Alexandria, notes that heaven represents all that which is "puffed up" (inflated egos included.) The abandonment of heaven is the necessary precursor to a rededication to freedom. The salt water recalls the tears of the enslavement in Egypt; at the hands of others through the ages; and the tears of all people denied freedom. Wine is a universal symbol of celebration.

The Seder, true to its name, sees its message communicated in content as well as in form. Its 14 sections are symmetrically arranged, with the first segment responding to the last, for example. The symmetry itself teaches the lesson of direction and planning as important ingredients in permitting freedom to flourish for the maximum benefit of all people.

Singles invited to attend Caytak's family Seder

by Cynthia Malkin

Historically, Passover has been a time of family reunion and kinship. It has always been an occasion for all family members to come together in observance of this joyous festival.

As the family theme is so central to the Passover Seder, it is important to reach out to those individuals who are either without family or who are unable to be with them.

This Passover, Devora and Yossef Caytak co-founders of the Jewish Youth Library of Ottawa, have extended a warm invitation to any Jewish single to join them at their first night's Seder.

If you would like to join the Caytaks please contact them at 729-7712 by April 1. The cost is \$10 per person. The Seder will take place at their home, 185 Switzer Ave, Monday April 5 at 7:00 p.m.



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FOCUS ON FINANCE

Low inflation — low interest

Rate shock — what are your investment options?

by Chuck Polowin

Interest rates have dropped considerably in the past couple of years, making investment decisions a lot tougher.

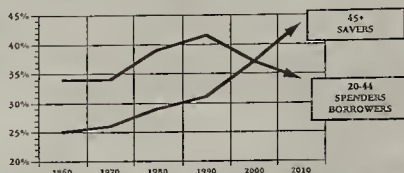
It was only 2-1/2 years ago that even the most unsophisticated investor — who had never even heard of a Treasury Bill before — was earning 12 percent interest on T-bills. As recently as 1-1/2 years ago, Treasury Bills were yielding nine percent interest.

It was an easy investment decision. Not only were the rates good, but T-bills offer excellent security. T-bills are issued by the federal government and are sold for terms of 30 to 360 days.

Today, however, T-bill yields are below six percent. But Canadians are behaving as though high interest rates are soon coming back. Roughly 54 percent of government securities held by the public now are of one year or shorter duration. Could it be that Canadians are investing short-term because they perceive another round of inflation just around the corner and therefore higher interest rates?

Presently, consumer price inflation in Canada is running at about two percent. With mid-term interest rates currently in the 7 percent to 7-1/2 percent range, the real return (the rate after inflation) yields a healthy 5 percent to 5-1/2 percent. Not bad considering the historical real rate of return runs at three percent. Presently the real

CANADIAN POPULATION DISTRIBUTION BY AGE



return on U.S. Treasury Bonds is precisely three percent.

What about the future? Are interest rates likely to go back up to what we've seen in the past? It would appear that rates are poised to stay in their present range for some years to come, with the possibility of short-term bumps here and there.

In 1990, roughly 42 percent of Canada's population was aged 20 to 44 — spenders and borrowers — and 32 percent aged 45 and over — savers and lenders. Demographics tell us that ten years from now, the spenders will constitute as much of the population as the savers. This will create less need for goods and services (definitely a plus for keeping inflation down) and consequently less demand for credit. At the same time, the savers will have more money to lend out and that should keep rates down.

In the next several years it is

expected that interest rates will decline a further one percent.

So what options does the investor have today? The problem is, an investor does not want to get locked in for the long term at the present rates in the event of another round of high interest rates. At the same time, how does one protect investment money from further declines in interest rates?

Investment terms should be varied so that GICs, bonds or mortgages mature at different times. This way, investors hedge their bets — they may be able to take advantage of any changes in interest rates, while at the same time ensure that some money is invested for the longer term in the event that interest rates decline further.

At the present time some provincial government bonds yield more than GICs and pay interest twice a year rather than

once a year. Bonds are instant liquidity, while GICs are generally locked in. As an alternative to GICs and bonds, many good quality preferred shares yield 7 percent and thus produce a pre-tax equivalent yield in excess of 9 percent.

Another alternative is high-quality utility shares, which have a record of never cutting or omitting their dividends. These yield in excess of 7 percent and again, with the dividend-tax credit, pay

the equivalent of more than 9 percent. They even pay their dividends quarterly and offer the possibility of higher dividends down the road.

Certainly rates are lower than they have been for many years, but considering the low rates of inflation, the investor is still getting a very attractive return on his money.

Chuck Polowin is an investment advisor with RBC Dominion Securities.

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Sunday Closed



Centrefold

The News from the Jewish Community Centre of Ottawa

Volume 4/No. 44 • March 26, 1993 • Adar-Nisan

Community-wide celebration April 25

JCC plans 45th Yom Ha'Atzmaut

By Estelle Melzer

The Jewish Community Centre invites the entire community to come together to celebrate the 45th anniversary of Israel's independence on Sunday, April 25.

This year's Yom Ha'Atzmaut festivities will take place at Machzikei Hadas Synagogue, 2310 Virginia Drive. The evening will begin at 7:30 p.m. with a Yom Ha'Zikaron memorial ceremony, to commemorate those who lost their lives to ensure the existence of the State of Israel. Then at the sound of the shofar, the mood will change to one of joy, as Israel's 45th birthday is celebrated.

Once again, the Jewish Community Centre has made this event free to the entire community. The Centre believes that it is very important for all of us to come together once a year and reaffirm our sense of community and our commitment to Israel.

Everyone is urged to come out, sing, dance, mingle with people from all parts of our community and celebrate together.

Most of us understand the

Yom Ha'Atzmaut is an opportunity to show spiritual and emotional support — and in return to receive a sense of communal strength and belonging.

importance of supporting our community and Israel with dollars. However, Yom Ha'Atzmaut is an opportunity to show spiritual and emotional support — and in return to receive a sense of communal strength and belonging.

It's an important feeling, whatever your stage of life is — young family, teen, middle aged, or senior.

This year's Yom Ha'Atzmaut committee has put together a *ruach*-filled, full participation party with the hope that everyone will sing, dance and celebrate together.

1992 Chairpersons Ellen and Rahamim Bahi and Co-chairpersons Jean and Danielle Boulakia enjoyed their involvement so much that they

are reprising their roles this year. Rabbi Reuven Bulka will also bring his experience and expertise to the committee and Daniel Wolfish will work on involving youth in the celebrations.

The featured entertainer will be Israeli singer Yaacov Sassi and his band. (See article "Israeli Singer" on these pages.) Sassi, who is now based in Montreal, is well known for his ability to get a crowd dancing and singing. At last year's Yom Ha'Atzmaut celebrations in Montreal he had the huge crowd participating in a spirited sing-and-dance-a-long session. He is a tremendously versatile performer whose



Yaacov Sassi

repertoire includes the latest Israeli tunes as well as traditional Ashkenazi and Sephardi favourites.

Israeli food will also be available with Jack Smith and his

crew manning the Israeli food kiosks.

Everyone in the community is urged to come out and participate in the spirit of Israel's annual birthday party.

Israeli singer appeals to all audiences

Yaacov Sassi's audiences range not only in age but in culture—Canadian, Israeli and more specifically Ashkenazi and Sephardi. The attraction is that Sassi is all things to all people.

He's a gentle, easygoing big brother to younger listeners. He's a link with home to Canadian-based Israelis with an up-to-the-minute repertoire of current hits in Hebrew that keep them au courant.

The Ashkenazi community laps up his Yiddish and klezmer-styled Classicism. And to the Sephardim, he is one of their own, an oriental Jew whose Libyan parents made aliya to Israel in 1947 and whose father Joseph is one of Israel's legendary Sephardi cantors.

"I started singing with my dad as a child. He took me to synagogue as part of his house rules, and he needed lots of rules to handle us all—I'm the fifth of ten children," says Sassi. "Later on, I sang with a local group in Herzliyah and as soon as I got out of the army, I went professional."

The singer decided, early on, to supplement his voice work with a certificate in social work and a diploma from Beersheva Folk Dance School. The

combination allowed him to work with juvenile delinquents to keep them "stepping" rather than stealing.

Now his experience in social work gives him the ability to manage any size crowd. For Yom Ha'Atzmaut celebrations at the Palais des Congres, he led 5,000 people in a mass sing-along.

Versatile Performer

Sassi's versatility was evident at the closing ceremonies of the Museum of Civilization's exhibit, *Coat of Many Colours*. "I sang 15 different songs from 15 different countries in 15 different languages," he notes, "and I have an international program that includes Ladino, Spanish, Italian, Greek and some Russian melodies."

Perhaps the most apt tribute to him came in a letter of appreciation from Maimonides Hospital Geriatric Centre: "You have a wonderful way with people, and managed to draw everybody out. Volunteers became singers, residents became comedians, and staff members were dancers... the atmosphere was charged."

By Estelle Melzer

In the busy, demanding lifestyle of today's woman, taking care of herself, emotionally as well as physically, often ranks low in the order of her priorities. On Sunday, May 2, a seminar will take place at the Jewish Community Centre entitled "Taking Care of Ourselves," co-sponsored by the Jewish Community Centre, Jewish Family Services and the Ottawa Reconstructionist Havurah.

The goal of this day-long seminar is to increase awareness in the Jewish community regarding social issues that affect women and their families. Planners hope that both men and women will attend. They feel that the topics to be explored are relevant to both sexes.

Balancing daily demands

Keynote speaker for this event will be Marion Balla. She will speak on a topic all women can relate to, "Balancing Act: Juggling Our Daily Demands Realistically."

Marion Balla, who has Masters degrees in Education and Social Work, has been involved in the counselling field for over 20 years, and is currently Co-Director of the Adlerian Centre for Counseling and



Marion Balla

Education. She is well known to listeners of CBC's Radio Noon, where she is a bi-weekly guest speaking on the issues facing families today. She has also appeared on the YTV *Positive Parenting* series and Canada A.M.

The seminar will run from 9:45 a.m. to 3:00 p.m. and be comprised of six workshops. There will be three sessions — one can choose between two topics for each session — and a wrap up forum and evaluation. Lunch, coffee breaks and workshop materials will be included in the seminar fee of \$18.00. The discount price for

JCC members is \$15.00.

Workshop choices are as follows: Session I "Letting People Know How You Feel" or "Recognizing Abuse"; Session II "Developing Healthy Coping Skills" or "Sharing Difficult Topics"; Session III "How To Be Significant Without a Significant Other" or "Overcoming Barriers To Asking For Help."

Each workshop will be run by a facilitator who has professional qualifications and personal experience on the topic. Please see the ad on these pages for more details.

Reserve May 2 for a day devoted to exploring how to take care of yourself. For more information or to register please call Diane Poriah or Paula Speevak Sladowski at the JCC, 789-1818.

A Dollar a Candle!

To help defray the cost of the community-wide Yom Ha'Atzmaut celebration, tax-deductible contributions of \$45.00 (one dollar per year of Israel's glory) will be greatly appreciated. Please send your cheque, payable to the JCC, as soon as possible so that all patrons can be listed on the programme.

Centrepiece



By Lawrence Greenspon
President, Jewish Community Centre of Ottawa

JCC DAY CAMP

Believe it or not, there will be a summer and there will definitely be a JCC Day Camp, Sports Camp and Theatre Arts Camp. Registration to date has been steady and this is not surprising given the tremendous success which the camp has enjoyed, particularly over the last several years. The kids have a tremendous experience in a healthy and fun environment. For more information about the various JCC summer camp options please call 789-1818.

YOM HA'ATZMAUT

Yom Ha' Atzmaut is a time for the entire community to gather and celebrate together. This year's Yom Ha' Atzmaut, marking Israel's 45th anniversary of independence, will take place on Sunday, April 25 at 7:30 p.m. at Machzikei Hadas Synagogue. Featured entertainers will be Israeli singer Yaakov Sassi and his band, who are well known for their ability to get everyone singing, dancing and participating. Yom Ha' Atzmaut is an opportunity to demonstrate our solidarity with Israel and our strength as a community. Once again the Centre has made this event free to the entire community. I urge you to come out and join the party.

Everyone is also invited to attend the Israeli flag-raising ceremony on Monday, April 26 at 12:15 p.m. in the entrance pavilion of the Bytown Wing of Ottawa City Hall. Light refreshments will be served.

CUBS AND SCOUTS KINNUS, JUNE 3 TO 6, 1993

Ottawa will be the site of the first ever gathering of Ontario Jewish scouting youth, as our own Henry "Hank" Toronto Cub Pack and Scout Troop hosts around 150 youngsters. The scouts will be camping out at the Broadview Community Campus from where they can walk to Agudath Israel Synagogue for their Friday night program and Young Israel Synagogue for their Shabbat morning program. This gathering will combine many of the traditional scouting activities — camping out, working on new skills — with a strong Jewish content program. Youngsters will have many opportunities to work on their Religion in Life Badges. The Kinnus will also be a great place to meet kids from all over Ontario and make new friends. Yasher koach to Scouter Leader Howard Osterer and all the volunteers working so hard on this program.

Centrefold is a monthly publication of the Ottawa Jewish Community Centre, 151 Chapel Street, Ottawa, K1N 7Y2
Tel. 613-789-1818

President-Lawrence Greenspon Executive Director-Ron Boro
Editor-Estelle Melzer

Do you love to read?

Get involved in the JCC Library's new book discussion group

This month's book is

EVE'S TATTOO* by Emily Prager

On her 40th birthday Eve decides to have her arm tattooed with the identification number of an Auschwitz victim, a woman named Eva. The decision leads Eve into the literature of the Holocaust and a growing awareness of the Nazi manipulation of women, of their role in the myth of the master race. Eve learns how a bleak present can be transformed and transcended by the horrors of the past.

If you would like to get together to discuss this book, please join us

Sunday, April 15

1:45 pm

in the JCC Library, 151 Chapel

* Available at Prospero, The Book Company

For more information please call Estelle Backman at the JCC Library 789-1818

And The Winner Is ... everyone as new play goes into rehearsal

By Estelle Melzer

Budding actors of all ages are honing their skill at the Ottawa JCC as they help polish up a new play in preparation for a June debut.

And the Winner Is... is a brand new musical with book by Ottawan Robert Gould and music by John McGovern with the help of Maureen McGovern.

The play, which has seventeen original songs, revolves around a children's talent show, and the goings on and conflicts between the parents, kids and staff of the show.

It has a cast of 26, ranging in

age from 10 years up to seniors. The diverse nature of the cast is one of the attractions of being in the play. This is truly a family-oriented event.

Because this play is still a work in progress, the actors have an opportunity to help fine-tune the dialogue, staging and other aspects of the play. By all accounts it is an exciting experience.

Since the play will be presented without elaborate sets or a full orchestra, it is hoped that costs will be kept to a minimum — but the creative input, skills develop-

ment and just plain fun will definitely be at a maximum.

The Ottawa JCC has presented an annual full-scale musical with an all teen cast for the last six years. This year's production, *Sweet Charity*, which had four performances in January, was a great success. However, the Centre wanted to give aspiring teens an opportunity to participate in theatre. The work in progress format of *And the Winner Is...* allows the JCC to present another theatre production without overextending our budget. The winner is ...everyone.

JCC library offers many choices for readers seeking Jewish content

By Estelle Backman,
JCC Librarian

If you are looking for some reading material with more Jewish content than can be found at your local library, I suggest you visit the JCC Library, located in the basement of the JCC at 151 Chapel Street. You will be pleasantly surprised at the range of material in this little gem of a library.

Our collection is mainly composed of Judaica and covers topics ranging from Jewish History to Biography to Bible Studies. We also have a growing fiction department. Each year we add many new titles to our collection to keep current.

In addition we have subscriptions to the following newspapers and journals — *The Jerusalem Post*, *The Forward*, *Commentary*, *Tikkun*, *Midstream*, and *Moment*.

Presently we are in the process of expanding our Women's Section and should be opening our newly enlarged Sylvia Gold Women's Collection soon. This section will include volumes embracing a variety of subjects ranging from How To Run a Traditional Jewish Home through to Women in History as well as books that explore the dichotomies between Judaism and feminism.

Enquiries welcomed

Whether you are seeking information for a research project or for personal interest, the JCC Library welcomes your inquiries. Please feel free to drop in and explore our resources. Library hours are as follows: Sunday, Monday and Tuesday, 11:00 a.m. - 3:00 p.m.; Wednesdays, 6:00 - 9:00 p.m.

New at the JCC Library!

Fiction

Boat of Stone.....Maureen Earl
Mothers.....Gloria Goldreich
Mr. Mari.....A. B. Yehoshua
A Dry Leaf
In the Wind.....Wolf Goodman
Crackpot.....Adelle Wiseman

Non-Fiction

The Dance of
Anger.....Harriet Goldhor Lerner
Unholy Alliances.....Warren Kinsella
Voices in Exile.....Marc Angel

The JCC invites all children and youth to enter the

Yom Ha' Atzmaut Poster Contest

The theme for the contest is simply "ISRAEL."



Any medium may be used but the size should not exceed the size of a bristol board.

The categories for entrants are:

- (a) 4 - 6 years old
- (b) 7 - 10 years old
- (c) 11-14 years old
- (d) 15-18 years old
- (e) 19-23 years old (full-time students)

A panel of judges will select the winners and a prize will be awarded for each category.

The deadline for submissions is FRIDAY, APRIL 16, 1993

Leave posters with Jim Smith, security officer at the Jewish Community Campus, 881 Broadview.

Get in the spirit of Yom Ha' Atzmaut. Express your love for Israel through your art.



Round the Centre



Taking Care of Ourselves Sunday, May 2, 1993

Workshops

Keynote Address

BALANCING ACT: JUGGLING OUR DAILY DEMANDS REALISTICALLY

By Marion Balla

People complain daily about the lack of time available to juggle all the tasks facing us. We often end our days feeling tired but also guilty about what we haven't accomplished or what we wish we had added to our already busy schedules. This workshop will offer ways to balance our multiple roles and expectations and will provide realistic guidelines to maintain positive mental health in our stressful and demanding lifestyles. Humour, encouragement and ways to reduce guilt and worry will be presented as a means to maintain "balance" and positive attitudes in our daily challenges.

LETTING PEOPLE KNOW HOW YOU FEEL

Whether in the boardroom or over lunch with a friend, communicating what you want to say is an important life skill. This workshop will explore the methods of communication which effectively enable us to express our honest feelings and concerns without the fear of being misunderstood or ridiculed.

Facilitator: Sandra Kesselman Hardy

DEVELOPING HEALTHY COPING SKILLS

Many remain in isolation feeling that they are unable to deal with a particular stressful problem. Learn how to cope with these problems by developing healthy coping strategies. Learn to trust that each individual has the skills and tools to decide what works best.

Facilitator: Cynthia Powell

RECOGNIZING ABUSE

No relationship is harmonious all the time, but where do you draw the line between healthy tension and abuse? A working definition of physical, sexual, emotional and psychological abuse will be presented. From there, participants will explore the various signs that may indicate abuse.

Facilitator: Toby Brooks

HOW TO BE SIGNIFICANT WITHOUT A SIGNIFICANT OTHER

It is not easy being single in a world geared for couples. Intellectually, we all know positive self-regard does not depend on whether we are in a relationship or not; accepting that emotionally and spiritually is another issue. This workshop explores how we value ourselves when we are our significant other.

Facilitators: Sherry Harris and Jan Jones

OVERCOMING BARRIERS TO ASKING FOR HELP

Do you or someone you know sometimes find it difficult to ask for help? Do you keep putting off making that initial phone call, even though you want to find a better way to handle a problem? This session will explore various factors that may keep people from participating in therapeutic and/or personal growth activities. Consumers will speak from personal experience and staff from agencies and community centres will share information and answer questions.

Facilitator: Roslyn Postner

SHARING DIFFICULT TOPICS SUCH AS ADDICTION, SUICIDE, VIOLENCE, INCEST, POVERTY

The aim of this workshop is to explore ways in which individuals can become comfortable discussing these issues.

Facilitator: Maggie Lederman

Workshop Facilitators

Marion Balla has both a Masters degree in Education (Counselling) and a Masters in Social Work (Direct Intervention) and has been involved in the counselling field since 1969. She is co-director of The Adorian Center for Counselling and Education, has lectured at the University of Ottawa, is a regular guest on CBC's *Radio Noon* and has also appeared on YTV's *Positive Parenting* series.

Sherry Harris works at Jewish Family Services as a therapist. She has a Masters in Social Work, a B.A. in Psychology and a degree in Palliative Care. She brings her experience working with individuals and couples on issues of self-worth, self-actualization, autonomy, interdependence and dependence to the workshop.

Sandra Kesselman Hardy is a social work consultant in private practice. Through her expertise in the areas of chronic illness, grief and loss she provides her clients with an opportunity to courageously master their lives rather than to be led by them.

Jan Jones works in Psychiatry at the Royal Ottawa and is currently in the Women's Studies Program at Carleton. Jan has been a member of the co-counselling network for several years and has much experience working with issues of esteem and adjustment to single life.

Maggie Lederman received her Masters in Psychology following a first career in education. She has provided counselling for over ten years and has conducted a number of groups dealing with drug addiction, anger management, sexuality, social skills, and palliative care - crossing all boundaries of society's taboos.

Barbara Nathan-Marcus is a sociologist and doctoral candidate. She is coordinator of the Women's Program at the JCC and on the coordinating committee of the Canadian Women's Studies Association. As an artist, she is an active member of both the Ottawa School of Art and the Jewish Artists' Guild.

Roslyn Postner has a Masters degree in Clinical Psychology and a background of extensive experience providing a variety of services in the mental health field. She is a single parent who has personally experienced the benefits of counselling and personal growth groups.

Cynthia Powell is an elementary school teacher with a background in early childhood education and special needs children. She is an incest survivor and has worked with and facilitated groups for the Sexual Assault Network.

Taking Care of Ourselves SCHEDULE

- 9:45 a.m. Registration
- 10:00 a.m. Keynote Address by Marion Balla "Balancing Act: Juggling Our Daily Demands Realistically"
- 10:30 a.m. Break
- 10:30 a.m. Workshop I
i. Letting People Know How You Feel
ii. Recognizing Abuse
- 10:45 a.m. Workshop II
i. Developing Healthy Coping Skills
ii. Sharing Difficult Topics Society's Taboos
- 12:30 a.m. LUNCH
- 1:15 p.m. Workshop III
i. How To Be Significant Without a Significant Other
ii. Overcoming Barriers To Asking For Help
- 2:00 p.m. Evaluation Forum and Closing
Barbara Nathan-Marcus

COST: \$18.00 JCC Members, \$15.00 (includes lunch, coffee breaks and workshop materials)

To register in advance please call Diane Poriah at the JCC, 789-1818.

This program is co-sponsored by the Jewish Community Centre, Jewish Family Services and the Ottawa Reconstructionist Havara.

Seminar helps "break the silence" on family problems in the community

By Roslyn Postner

The day long seminar, "Taking Care of Ourselves," which will take place at the Jewish Community Centre on Sunday, May 2, is an outgrowth of a series of educational evenings in 1992 called "Breaking the Silence," initiated by the Social Action Committee of the Ottawa Reconstructionist Havara.

At that time, Jewish women in our community who had experienced family life with problems of addiction, poverty, incest and family violence shared their stories. Women with professional experience in these areas also made presentations. Their comments and the resulting audience participation brought several issues to light.

Foremost of these was the realization that there are Jewish women in our community who have experienced these problems. These matters are difficult to talk about because of the shame people have felt and the stigma that we have tended to associate with some of these issues. Women tend to blame themselves and keep silent. Yet it is usually through sharing their situation that they can identify the next step required to deal with it.

When women do speak up, they are often not believed. Others may want to be of assistance, but are not sure about how to help.

For those attempting to cope with abusive or difficult experiences, encountering other Jewish women in the same situation is a great help. Hearing how others from one's community have overcome these problems fosters hope, new ideas, and the courage to take action.

Wide variety of topics

Coping with traumatic family problems is only one aspect of the upcoming "Taking Care of Ourselves" seminar. Participants can choose from a wide variety of workshops, which include topics such as balancing one's daily demands, developing healthy coping skills, and learning how to communicate one's feelings.

However, this seminar also recognizes that women who have suffered major family trauma need a way in which to break the silence and begin their healing. This seminar provides them with that opportunity.

For more information or to register for this seminar please call Diane Poriah at the JCC, 789-1818.

The JCC welcomes you to The Drop-In Diner

every Tuesday, 12:00-1:30 p.m.
at the Jewish Community
Centre, 151 Chapel Street.
\$5.00 for complete meal.
Everyone Welcome

Singles visit Victoria Weekend

Maurice Benchirrit, a former Ottawan who has moved to Toronto, has written to say that a newly formed group of Toronto singles called "a Touch of Class" is hoping to come to Ottawa for the Victoria Day long weekend in May. They would like to see the sights and meet some Ottawa singles while they are here. They are hoping, in fact, to be hosted by, and billeted by, our singles.

If you are interested in hosting and/or helping to plan a joint social activity - or even if you would just be interested in attending one - please call Diane Poriah at 789-1818 as soon as possible so that planning can begin.

Come out to The Golden Age Club

Every Monday, the Golden Age Club meets at the Jewish Community Centre, 151 Chapel Street. We have hot luncheons, interesting programs and friendly members.

UPCOMING EVENTS

- April 5
Passover Break
- April 12
Passover Break
- April 19
1:00 p.m.
Yom Ha'Sh'va Program
- April 26
12:30 p.m.
Bingo - Birthday Luncheon

ADULTS FOR LIVELY LEISURE

A Luncheon Lecture Program
at Agudath Israel Synagogue
1400 Colclay Avenue
at 12:30 p.m.

This exciting west-end program caters to those with a taste for kugel and controversy. You can enjoy a kosher hot lunch and stimulating discussion with experts in politics, cultural arts, human rights, science and more.

Next Program: Thursday, April 29 12:30 p.m.

A.L.I. is jointly sponsored by the Jewish Community Centre and Jewish Family Services. The program is co-ordinated by volunteers Minnie Milson and Bess Posenberg. For more information please call Paula Spevak Sladowski at 789-1818.



Gettin' Physical



Health-Wise

By Albert Guite, Phys. Ed. Director

Cellulite and Fat: What Is the Difference?

The term "cellulite" is used to describe the bulged, rippled appearance of fat that can appear on the hips, thighs, and buttocks. Research studies have concluded, however, that there is no difference in the composition of fat and cellulite.

Bryant Stamford, Ph.D., writing in *The Physician and Sports Medicine*, explains why fat sometimes appears rippled:

"Fat is stored in adipocytes, or fat cells, and generally fills the cells to about half capacity. When the amount of storage increases, the size of each fat cell also increases but the number of adipocytes does not change; the number of adipocytes is established early in life and only changes when there is a demand for unusually high amounts of fat storage."

The bumpy, waffle-like appearance of cellulite is thought to be a result of the connective tissue that envelops each fat cell and separates these cells into compartments. As the fat cells fill, the compartmental restrictions cause them to bulge. Because about half of your stored fat is located directly beneath your skin, bulging fat cells can be quite apparent.

Women are more often afflicted by cellulite because their outer layer of skin is thinner and their fat compartments are larger and more rounded than those in men.

Cellulite is not likely to occur unless you have excess fat. Unfortunately, because fat can be accumulated in high concentrations in some areas quite easily, it is possible to have excess fat on your buttocks, while the rest of your body is much leaner.

Many who suffer from stubborn fat deposits and/or cellulite exercise the muscles underlying the fat deposits in the mistaken belief that fat from one particular area will be selectively eliminated. This method of spot reduction is not a successful way to lose fat. Much more success is derived from a well-rounded program of walking, jogging, or swimming, in which a larger number of calories is expended per minute compared with calisthenics designed for reshaping a particular body area."



LIFEGUARDS/ SWIMMING INSTRUCTORS

The Jewish Community Centre is now accepting applications for its two outdoor pools, for this summer.

Minimum qualifications needed are:

Bronze Cross, Leaders Certification, Red Cross Instructors Certification, 16 years of age.

For more information contact Albert Guite at the JCC, 789-1818.



Save the heart of
someone you love.

Learn CPR
at the JCC

Call Albert at
789-1818

1993 Jewish Women's Softball League



May to August

Tuesday,
6:15 p.m. - 8:30 p.m.

Broadview Ball Diamonds,
Jewish Community Campus
881 Broadview Avenue

Cost: JCC Members, \$60.00;
Non-Members, \$85.00
(includes shirt, GST)

For more information,
contact Albert Guite at
the Jewish Community
Centre, 789-1818.

ATTENTION ALL MALE SOFTBALL PLAYERS...



THE JEWISH MEN'S SOFTBALL LEAGUE
1993 SEASON WILL COMMENCE ON

SUNDAY, MAY 2, 1993

Contact your captain to obtain the status of your last year's softball team.

Newcomers and returning players are welcome to join the JCC team. The first fifteen players to submit their players fees — \$107 for JCC members, \$132 for non-members — and registration form will make up the JCC team.

For more information, contact Albert Guite at the JCC, 789-1818.

Jewish Men's Hockey League

Standings
As of March 3, 1993

TEAM	GP	W	L	T	POINTS
Running Rebels	18	13	5	0	26
Red Devils	18	9	6	3	21
Wildcats	18	9	7	2	20
Blue Sharks	18	2	15	1	3



In The Key

By Ace Phrethrowe

Winning Isn't the Only Thing But If You're Gonna Win, Now's the Time

Another fine season of the JCC Men's Basketball League has ended, which can only mean the advent of that ritual which every amateur athlete pines for in his dreams — the playoffs.

At publication time the "second season," as they say, is yet to begin. Looking back, the regular season is full of statistics and memories. Everybody makes the playoffs, by the way. You can find the standings on this page, as well as the scoring leaders.

Congratulations to the Green team for a fine first place season, and to Blue, for a very close second. Will they meet in the finals? By the way Red is becoming the favourite to beat White in the first round. Will this league ever scrape up enough imagination to come up with team names? The colours are getting old...

For the first time in recent memory, Jeff Fleet has been displaced from his position as scoring average champ. Not that scoring is the most important stat in the game, but it is the glamour figure. Bill Holzman ended the season with an average of 42 points over the last three games to edge Jeff out of the top of the heap. Bill's average was 23.9; Jeff's was 29.2. Congratulations to Bill, and of course, to Jeff. But let's face it, Fleet is getting up there in age, although he did play more games than Bill and scored more points.

It's interesting to note that of the top 15 scorers, 7 are over 34 years old. Gord Belcherman is — well, let's just say he's over 40 — and he's still an outstanding player. Important too. He and Bill tied for winners of the MVP award.

Rookie phenom Mike Johnson eked out Ron Clarke to cop the rookie of the year award. And that perennial favourite, Joel Zagerman, was the players' choice as most sportsmanlike. That's only because he buys the pop. He drinks it all himself, too.

As well as the guys who do the major scoring and supply the highlights, mention must be given to the majority of the participants, who are out there, as they say, for the "schvitz."

This is what really matters here, and it's good to see that even though the overall calibre of our game is improving, the intensity level of the games is not running off the meter. (Yeah, wait 'til the playoffs, right?) Compared to the JCC's hockey and softball leagues, the JMBH is considered the most enjoyable over all. The competition is tough but it's always fun. One of the reasons is that the teams are usually shuffled from year to year.

Long term animosities are not generated and everyone's friends. So the players keep coming back. Most important for survival is getting those kids coming in. We need those 17, 18, and 19 year olds. At the same time, the likes of Norm Gube and Murray Apes can still teach them a thing or two. It just takes longer.

Enjoy the playoffs, all you players and fans. The matchups have been decided, and somewhere in that great Karma of the basketball gods, the destinies of our players and teams have already been determined. Every shot that's put up has been preordained to go in the basket, roll around the rim or bounce off the boards. It's up to the players to gather the emotion to influence fate. It's desire that wins games. First one to run out of heart loses. Have fun.

The championship report will appear in the next Centrefold.

JEWISH MEN'S BASKETBALL LEAGUE

REGULAR SEASON STANDINGS

As of March 5, 1993

Team	GP	WIN	LOSS	POINTS
Green	19	16	3	51
Blue	19	14	5	47
White	19	12	7	43
Gold	19	9	10	37
Purple	19	6	13	31
Red	19	0	19	19

TOP SCORERS

PLAYER	TEAM	GAME AVG.
1. J. Fleet	White	29.3
2. B. Holzman	Purple	28.8
3. M. Cantor	Green	20.5
4. P. Medico	Gold	19.3
5. G. Belcherman	Blue	18.4
6. J. Polowin	Red	18.2
7. D. Feldberg	Green	16.8
8. J. Flowerday	Red	16.5
9. M. Novick	White	16.4
10. G. Ostroff	Blue	16.2
11. S. Poplaw	White	16.1
12. J. Levitan	Purple	15.3
13. M. Johnson	Blue	15.2
14. M. Groper	Blue	14.0



Youth Athletics

Teens try challenge of new hills



Teen Ski Bus Program

Teens (together with honorary teen Murray Lieff, left) get set to meet the challenge of new slopes.

By Jon Braun

Three years ago, some of our teens started talking about how great it would be to have a separate teen ski bus, so that they could try out some of the different hills in the area.

The JCC has just completed the third, and best ever year of its Teen Ski Bus Program. Thirty teens had the chance to check out different slopes in Canada, and for the first time, the United States as well.

The hills visited included Edelweiss, Mont St. Marie and Mont Tremblant in Canada, and White Face Mountain in Lake Placid.

Anything possible

The thirty skiers, along with Murray "the King" Lieff and his wife Jody, had a great time every Sunday traveling the roads and zooming down the slopes. Now rumour has it some of the kids have been talking about a Teen Ski Plane. Anything is possible.



JCC ski bunnies think winter is cool.

JCC ski program teaches skills and love of sport

By Jon Braun

The JCC's Ski Program at Edelweiss Valley just completed another great year.

The program, which offers lessons as well as recreational skiing, supervision, and transportation for kids aged 5 to 15, runs for eight Sundays every winter.

Many kids in our community have gotten their introduction to this great sport through the JCC Ski Program. As well as offering quality lessons in an economical and convenient format, this program gives kids a chance to enjoy winter in the company of their pals — and to make new friends.

Most of the kids in the program take either half or full day instruction with Edelweiss's finest instructors. The skills they learn during these Sundays will be with them all their lives. Hurling down the Alps or the Rockies, our skiers' thoughts will flash back to Sundays in the JCC Ski Program.

JCC Ski Program Final Day Races

Boys ages 7-9

- 1) Jeremy Poriah
- 2) Avi Davies
- 3) Michael Stocker

Girls ages 7-9

- 1) Dayna Finn
- 2) Robyn Fremeth

Boys ages 10-12

- 1) Daniel Roytenberg
- 2) Louis Kardash
- 3) Stewart Rothman

Girls ages 10-12

- 1) Stacey Nagle
- 2) Alice Goldman
- 3) Dina Kulik

Boys ages 13-15

- 1) Neil Schwartz
- 2) Adam Hubenig
- 3) Brian Noy

Girls ages 13-15

- 1) Elizabeth Ross
- 2) Jordanna Segal
- 3) Heather Mlynarski

1st overall: Neil Schwartz
2nd overall: Adam Hubenig
3rd overall: Jeremy Poriah

JCC MACCABI OTTAWA BASKETBALL CAMP

August 23 - 27

For boys and girls ages 11 to 15

at the Jewish Community Centre, 151 Chapel Street



Brian Lee

Head Coach, Ottawa Maccabi, St. Francis Xavier University Point Guard (1993 CIAU Champs)



Steve Anderson

Assistant Coach, Ottawa Maccabi, Simon Fraser University Forward



Harvey Liverman

Assistant Coach, Concordia University

Other Instructors include: Rod Lee, Assistant Coach, Ottawa Maccabi, University of Ottawa forward Tom Sholock, former Carleton centre

- All fundamentals will be worked on in progression
- Individual defence, individual offence
- Shooting fundamentals — shooting the jumpshot
- Passing and receiving
- Open court work
- Dribbling

Practices will be video taped

Daily awards for individual and team achievements

Mini dunk, 3 point and hot shot competitions

Daily swim and last day barbecue

All players receive T-shirts

A personal Player Profile Report Card is kept on each player during the week and given out at the end of the session. It will note strengths and weaknesses and offer suggestions for future improvement.

COST: \$150.00

For more information contact Camp Director Jon Braun at 789-1818.



A program of the Jewish Community Centre

Afterschool INDOOR Soccer

Learn the basic skills of soccer while you unwind after school.

It's a real KICK.

Open to boys and girls in grades 4-7.

Runs until April 28

Time: Wednesdays, 4:00-5:00 p.m.

Place: 881 Broadview

Outdoor soccer starts May 5!

For more information contact Jon at the JCC, 789-1818.

Attention Athletes BOYS & GIRLS AGES 15-17

6 WEEKS: JUNE 30 - AUG 11, 1993

The Israeli Sports Challenge 1993

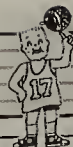
Swimming • Soccer Tennis • Basketball

For more information call Jon at 789-1818

TRAINING CAMP
AT ISRAELI RESORTS THROUGHOUT CANADA
OLYMPIC TRAINING SITE, FEATURING AN INTERNATIONALLY RENOWNED COACHES AND WORLD-CLASS FACILITIES.
COMPETITION
IN FOUR SPORTS WITH ATHLETES FROM LEADING CLUBS, PRACTICE, PLAY, AND NAMED OUT. SEE HOW YOU STACK UP!
TOURING
VISIT ISRAELI CITIES, A COMBINATION OF ALL-STAR PLAYERS, NAMED ETC. WITH HISTORY AND CULTURE. LIVES OF OUTDOOR ADVENTURE!



Camp Corner



New Day Camp staffer will focus on fun-filled Jewish content

By Estelle Metzger

The Jewish Community Centre is very pleased to announce that Cari Kerzner will be joining our Day Camp staff this summer.

Cari, who has a background in Jewish Studies and Education, will be working with Programming Director Gale Greenberg, to enrich the JCC's popular summer camp program with a stronger Jewish and Israel-oriented focus.



Cari Kerzner

Ottawa-born Cari has always had a deep interest in Israel and Jewish culture. A strong Zionist, she participated in Hahonim as a youngster and spent two years in Israel, participating in a social service program and exploring the country.

Cari has a B. A. in Jewish

Studies from McGill University and a Bachelor of Education degree from the University of Ottawa. This fall she plans to begin her studies toward a Master of Education degree at Ottawa University.

She has been working as a substitute teacher for various boards in the Ottawa area, and teaches grade one at Ottawa Modern Jewish School.

Cari is enthusiastic and bubbling over with ideas for JCC Day Camp this summer. "So many aspects of Israeli life can be a fun addition to a camp program for this age group," she says.

Friendship Day

"As well, we will celebrate the Jewish holidays that take place during summer. For example, Tu B'Shvat, celebrated as a friendship day in Israel, could be developed very easily into a program which youngsters can relate to."

Cari looks forward to meeting campers and their families at JCC Day Camp this summer.

Open Letter to Ottawa Parents From Gerry Cammy, JCC Day Camp Director

Frigid temperatures and snow mean that summer camp preparations must begin. The JCC day camp brochure was sent out to the community in a recent issue of The Bulletin. I urge you to study it carefully, as it gives you all the information you will need to make a proper decision for your children.

We have a most comprehensive program planned for this season. If post summer's written evaluations are any indication, the camp's popularity is high and the parents have confidence in what we are choosing in terms of programming and staffing.

Our team is back for another summer and, as always, our main goal is to ensure that every child enjoys his or her camping experience on every level.

In future articles, I will be introducing you to our staff and our most interesting and diverse programs.

If you wish to speak to me about any aspect of camp call 789-1818 or 829-1284.

L'Hitaot,
Professor Gerry Cammy

JCC Theatre Arts Camp

Discover the excitement of playmaking and the challenge of character building

Step into the shoes of heroines, giants and ghosts of the past, present and future

Develop confidence, self-esteem, speech, movement, art and improvisational skills

Come join the JCC Theatre Arts Camp
for an unusual voyage into
the make believe



No drama or movement experience required.

We look forward to seeing you for a
summer of creative fun and new challenges

For more information
call the JCC at 789-1818.

JCC Day
Camp
Counsellors

WANTED

You must be 15 years old as
of December 31, 1993

Also needed are
specialty staff:

- Arts and Crafts
- Drama
- Swim Instructors
- Computers
- Landsports
- Music and Dance

The JCC also offers CIT
programs for teens,
entering grade 9.

For more information
or to receive an application
form, call the JCC at

789-1818

Please get your application
in as quickly as possible as
interviews will
begin immediately



SUMMERTIME FOR TWOS

at the Jewish Community
Child Development Centre
at 831 Broadview

This program is designed specifically for children two years of age.

It is carefully planned to promote good self-esteem, provide stimulating learning experiences through working with different materials, and promote some social skills.

Two 4-week sessions available

Time: 9:15-11:15 p.m.

Session I: July 5-29

Session II: August 3-27

MWF \$110.00

T Th \$80

Content: arts and crafts, music, waterplay, sandplay, field trips, storytelling and more.

For registration call Rosa or Marie at 722-5157. Please register soon. Limit of 10 children per session. Please note: You must be a JCC Member to register your child in this program

A program of the
Jewish Community Centre

SPORTS CAMP '92 WAS GREAT!



SPORTS CAMP '93 WILL BE UN-BE-LIEVABLE!

If you are looking for a whole lot of SPORTS and a whole lot of FUN, then Eastern Ontario's BEST SPORTS CAMP is for YOU.

Sports include: Tennis, Canoeing, Windsurfing, Waterskiing, Diving, Horseback Riding, Fencing, Archery, Swimming, Trampoline, Racquetball, Baseball, Football, Basketball, Soccer, Gymnastics, Expos Trip (Seniors Only), Lynx Game ... and more.

For more information or to register call Jon Braun at 789-1818. Spaces are limited. Register now.



Kids!
Uncle Gerry
wants you
at JCC
Day Camp '93

Join Gerry Cammy, Director
of JCC Day Camp, for the
best summer yet.

For more information or
your application form
call the JCC at 789-1818.



Just Kidding' Around



JUNIOR DEPARTMENT What's Blooming for Spring?

**After Preschool Activities
at 881 Broadview
for Children 3-5 years old**

Garinim

A semi-structured setting featuring Arts & Crafts, storytime, games, songs and indoor & outdoor free play. A kosher snack is served.

Date: Runs the entire school year
Time: 12:00-3:45 p.m.
Cost: \$495.00 (10 weeks)
Instructors: Gale Greenberg & Gail Lief

Kitchen Kinder

Children will make kosher concoctions.

Date: Mondays, April 19 to June 21
Times: 12:15-1:45 p.m. & 2:00-3:30 p.m.
Cost: \$89.00 (9 classes)
Instructor: Claire Salmon

Crafty Kids

A fun filled Arts & Crafts program. Simple carpentry will also be introduced.

Date: Tuesdays, April 20 to June 22
Times: 12:15-1:45 p.m. & 1:30-2:30 p.m.
Cost: \$70.00 (10 classes)
Instructor: Claire Salmon

Weird Science

Hands on experiments and activities that promote learning and foster the desire to discover.

Date: Wednesdays, April 14 to June 23
Times: 12:15-1:45 p.m. & 2:00-3:30 p.m.
Cost: \$88.00 (10 classes)
Instructor: Claire Salmon

Mini Maestro

The focus is on music through songs, dances, instruments and art.

Date: Thursdays, April 15 to June 17
Times: 12:15-1:45 p.m. & 1:30-2:30 p.m.
Cost: \$63.00 (9 classes)
Instructor: Claire Salmon

Adventures in Storyland

Each week a different story provides the theme for crafts and circle fun.

Date: Fridays, April 16 to June 18
Times: 12:15-1:45 p.m. & 2:00-3:30 p.m.
Cost: \$88.00 (10 classes)

Children participating in After Preschool Programs may come to Garinim on the day of their program. Children will be escorted to their program when it begins. A snack will be served.

Cost: \$44.00

BIRTHDAY PARTIES AT THE JCC

All it takes is a phone call!

You pick the theme (Batman, Dinosaurs, Sports—the possibilities are endless) and we'll do the rest...

Includes: • Room • Staff • Set-up • Clean-up • Decorations • Paper Goods • Birthday Cake • Juice • Loot Bag • Gym Games and • your choice of Crafts or Cooking • Personalized Birthday Banner to take home.

Times: Sundays (2 hours)
Place: 881 Broadview
Cost: \$190.00 (for 20 children)
\$3.00 each additional child

Call Gale at 722-9235 to plan your party. Book early to avoid disappointment!



Partici-PACK-tion

The 39th Henry "Hank" Torontow
Beaver Colony, Cub Pack & Scout Troop



Akela's Notes

This year, under the guidance of Akela Janice Silver, our 39th Cub Pack members are hard at work attempting to complete their "starwork" requirements. Leaders have prepared a wide variety of interesting and challenging programs. So far, we have trekked through the hills on snowshoes, studied the stars, skated at Centrepointe Outdoor Rink (a great family outing), learned how to orientate using foliage, slept with dinosaurs, and are now turning wood blocks into Kub Kars in preparation for the annual Kub Kar rally.

Polar Day - Outdoors at the JCC Campus

Our cub pack and scout troop hosted the Park-Vale Area Polar Day, for the first time. Over 100 members took part in outdoor curling (under the direction of Kaa Michael Walsh), co-op parachute toss, first-aid skills, woodcutting, snow-shoeing, ball hockey, and cross-country ski relays. We could not have asked for a better day outdoors. Many thanks to Rideau Bakery, the JCC, Tom Caplan, Ben Baylin and all the parents who helped out.

C.P.R. with the 39th:

Congratulations to the 87 cubs, scouts, and parents who actively participated and successfully completed the C.P.R. program. Many thanks to JCC Phys. Ed. Director Albert Guite who put together this very successful program. Congratulations also to all the 39th scouting members who manned the Scout-Canada booth at Carlingwood Shopping Centre on February 24, and demonstrated C.P.R.

Magic 100 Sol Jacobson

The 39th is thrilled to have "Magic" Sol Jacobson join the program. In fact Sol, or Mowgli as he is known to our cubs, brings with him an exciting and creative scouting background. A warm welcome from the 39th for Sol, his wife Ginger and new 39th members, sons Philip and Matthew.

Strong Beavers Program Foundation of 39th:

Our Beaver Colony has been kept busy with

visits to our local police and fire departments, co-operative games, and imaginative crafts and artwork. Credit goes to all those parents who make this program go: Alan Kagedan, Gail Neave and Walter Fogel.

The 39th Radio Hut:

Many thanks to all those local companies who helped furnish our new "communications room." Our scouts have already worked on some great morse code programs on our computers. Our official opening on February 28 was postponed due to some last minute technical difficulties; however, our amateur radio advisor Rabbi Arnold Fine opened his home to our gang and we made communication with groups from Berlin, Canary Islands and France. We were supposed to link up with our twin city group from Worthington, West Essex, England on that morning, but we were later contacted by them at a lower frequency and had to make future arrangements. Many thanks to the JCC for the facility, Phil Bronsther for coordinating the program, Yacov Attias for his electrical work and all our scouts for cleaning and painting the room.

We are looking for donations of old amateur radio equipment. Charitable donation receipts will be provided. Please contact Rabbi Fine to determine our need.

April 25 - The 39th Goes to the Big O

Our fourth annual trip to the Big O is only \$40.00. Spaces will be sold on a first come, first served basis. We have always sold out. Call Scouter Howard Osterer at 737-7525 to confirm your seats.

Kinus - A Gathering of Jewish Scouts and Cubs

The JCC and the 39th Cub Pack and Scout Troop in affiliation with the Jewish Advisory Committee on Scouting (Toronto) are pleased to announce a kinus or gathering of Jewish scouting youth in Ottawa beginning June 3. Over 150 youngsters will be participating.

THE JEWISH COMMUNITY CENTRE & MACHZIKEL HADAS SYNAGOGUE PRESENT

PAINT YOUR OWN...

T-SHIRT OR SWEATSHIRT

WITH INSTRUCTOR SHELLY AMOR

FOR CHILDREN AGED 4 & OLDER

SUNDAY, APRIL 25th

1:30-3:30 p.m.

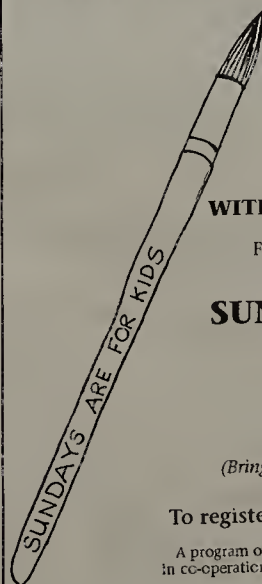
MACHZIKEL HADAS
2310 VIRGINIA DRIVE

COST: \$1.00

(Bring your own T-shirt/Sweatshirt)

To register call Gale at 722-9235

A program of the Jewish Community Centre
in co-operation with Machzikel Hadas Synagogue





the teen scene



Scouting is "more fun with girls and boys".

"Co-ed scouting great" say girls

By Estelle Melzer

Scouts and Cubs are not just for the boys at the Jewish Community Centre of Ottawa. The JCC's Jewish Scouting program, the 39th Henry "Hank" Torontow Cub Pack and Beaver Colony, for kids aged 5 to 10, has been co-ed for two years. This year our newly-formed scout troop, for kids aged 11 to 14, also includes girl members.

Out of the over 80 registered children in the program 18 are girls. As well, many of the volunteer leaders, including the Akela of the 39th cub pack, are female.

And how has this mixing of girls and boys affected the program? "It's been just great," says Troop Scouter Howie Osterer, who pushed for the co-ed program when his daughter, Erin, wanted to join a scouting program like her brother's, but the JCC could not find enough interested girls and female advisors to form a Brownie troop.

The JCC's co-ed cub pack is believed to be the first in Ontario and one of the first in Canada. Scout Canada has been watching its progress carefully. There were

concerns that traditional cub scout activities would not appeal to girls.

The girls in the 39th cub pack are quick to dispel that notion. Currently there are ten girls in the pack together with about twice as many boys. When asked what cub activities they like best, the girls responded with a long list: snowshoeing, playing lots of sports, sleepouts and campfires, races, making kub kars, jamborees. "Things for boys are just as much fun for girls," they all agreed.

When asked how they get along with the boys in their pack, there was lots of giggling and nudging. Girls are usually partners with girls they explained, and some boys are "better" than others. However, "when we're doing projects and stuff everyone works together," they all agreed. "It's more fun with girls and boys than just with girls," Jodi Koffman, 10, concluded.

Akela Janice Silver confirms that the girls are comfortable in the group and certainly not intimidated by the boys.

The JCC's scouting program has been designed to make all kids feel comfortable. It emphasizes community responsibility, Jewish values, confidence building and skills development, none of which are gender specific.

It also fosters non-competitive activities and focused on creating a healthy, co-operative learning environment. "In activities such as winter camping," Howard Osterer points out, "teamwork is the most important element."

Advisors found that the girls tended to be more mature and exhibit more leadership qualities. Their presence in the groups served as a calming influence and made a wider variety of activities possible. Finally, the greatest benefit of co-ed scouting was to make both boys and girls more considerate of each other and aware that they all have talents to contribute.

"The way we've approached it," Osterer concludes, "gender is a non-issue. Everyone works together and the kids relate to each other as part of a team."

Our teens put together fun-filled Purim fair



Parents and kids enjoyed the Purim Show.

By Jen Braun

The Jewish Teen Leadership Council put together another fun-filled community-wide Purim Carnival on March 7 at the Jewish Community Centre.

Teens from B.B.Y.O., Frosty, U.S.Y., N.C.S.Y. and Hahonim Dror created a dozen booths for kids to have fun in. Judging by the big smiles on the faces of youngsters, everybody had loads of fun.

There were prizes for everyone and lots of food to go around.

The clown and balloon show was very impressive. It takes real talent to make a motorcycle out of a balloon.

Sammy, the unofficial mascot of the Ottawa Senators, also dropped by for a visit before returning to the big club.

This was truly a city-wide event, sponsored and run by all of the community's youth groups. Great job, everyone!



Dressing up was half the fun

On the occasion of
Israel's 45th Anniversary of Independence
you are cordially invited to attend the

Yom Ha' Atzmaut Flag Raising Ceremony

Monday, April 26, 1993

12:15 p.m.

in the entrance pavilion of the Bytown Wing

Ottawa City Hall
111 Sussex Drive

Reception to follow



R.S.P.V. 789-1818



Sponsored by the Jewish Community Centre of Ottawa

The Jewish Community Centre's

---ROAD---TRIP---CLUB---

in association with

the 39th Henry "Hank" Torontow Cub Pack

presents

BOX SEATS AT THE BIG O

The Expos vs the San Francisco Giants (with seven million dollar man Barry Bonds)

Sunday, April 25

Bus leaves Machzikei Hadas Synagogue, 2310 Virginia Drive, at 10:30 a.m.
Returns in time for Yom Ha' Atzmaut festivities

Cost: \$40.00 (includes transportation, box seats, beverages)



Tickets are going fast!

To reserve contact Jon Braun at 789-1818



sixtysomething

By Ruth Weitz

Passover in Paris

It was April and the sign hung on the door of La Grande Synagogue read "Closed. Cleaned for Passover."

I was in Paris where I met my daughter Nancy. She was studying French and I flew there to meet her. My husband was to follow a week later. When I made my plans I forgot to note when Passover was. For years, my family celebrated with relatives and friends, usually in my home where I made the Seder. But, somehow, the excitement, the thrill, of seeing Paris in springtime chased everything else out of my mind. I ignored my Jewish calendar with Passover clearly marked on it and reserved my seat on the plane to Orly airport.

Now I am with Nancy, strolling through the narrow streets from Montmartre to Place Pigalle, talking about where we could attend a Seder.

Since the main synagogue was not open, we did not know where to go. We made inquiries and were informed of a public Seder being held in a large restaurant. We eagerly telephoned our reservations.

The next day, dressed in our best, we walked from our hotel to the Eden Restaurant on the Champs Elysee. At the top of one long flight of steps was a huge room filled with oblong tables. Each table was covered with a white tablecloth and decorated with candles in silver holders and a small vase with fresh flowers. On each plain white plate was a Haggadah. There was no reserved seating and when we entered, most of the chairs were occupied. We found two empty seats at the far end of the long room and sat down. I attempted to introduce myself to the woman on my right but she spoke no English and ignored me. To my daughter's left was a large woman who engaged Nancy's attention. She knew some English but she and Nancy conversed in French. She didn't stop conversing during the entire Seder.

Madame Kleeberg was there with her daughter Michel, age 20. Her reason for being in this public restaurant was told in minute detail. Her husband died the year before and she couldn't bring herself to make a Seder in her home without him. Since she and Michel were not invited to anyone's home, they came to the Seder in the restaurant. During the telling, Michel interrupted constantly to add or subtract and contradict her mother. I didn't understand a word and as Nancy turned to me to repeat each part of the conversation, it was with laughter because of the mother's and daughter's arguments.

The Haggadah was printed in French and Hebrew. I cannot read either language so again Nancy had to interpret for me.

The menu was traditional. We ate gefilte fish and matzo, pot roast with tzimmes and chicken and apple sauce. The food was tasty and plentiful. The old rabbi with the long white beard conducted the service in French and Hebrew.

Our seatmates, and by now, at least according to Madame, friends, invited us to visit them the next day for tea. We accepted and Thursday found us holding a bouquet for our hostesses, walking through the Hasidic quarters to Place Des Vosges. We detoured a little to stop in the Ashkenazy and Algerian Synagogues before reaching our destination. It was there we had to first walk through a smelly, unclean courtyard to a building badly in need of paint and repairs. We rang the bell to be greeted by Madame and Michel already in an argument as the door was opened. The bickering continued about which dishes to use, which patisserie to serve and even where we should sit at the round table.

We found out from Madame that the house sat in the courtyard where Napoleon kept his horses. It was an historic landmark; no change was allowed to be made. The tea was hot, the cakes delicious and the continuing squabbles entertaining, especially since my daughter heard it all twice. Once when the argument began and again when she interpreted for me. All in all, a Passover I never forgot.

The Ottawa Holocaust Remembrance Committee

in conjunction with

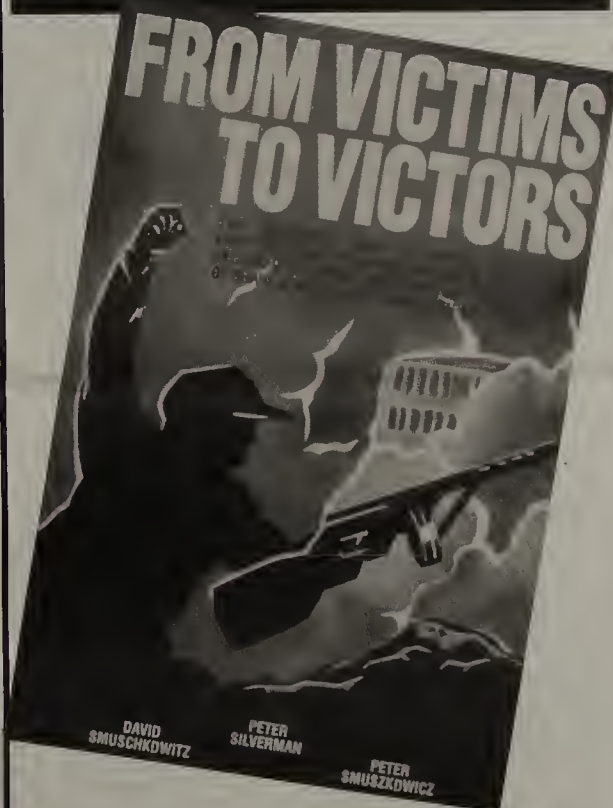
Adath Shalom Congregation

present

author

Peter Silverman

Jewish Resistance Leader in Poland



Saturday, April 10

9:00 p.m.

Parliament Hill

The Old Reading Room,

Centre Block

"Sanctification of the Divine Name had been part of Jewish existence throughout the generations of inquisition and exile, but in the face of the German policy of total extermination, the battle for life, the battle to survive, acquired a sanctity of its own."
—From the Introduction, "From Victims to Victors"

Join in the Commemoration of the 50th Anniversary of the Warsaw Ghetto Uprising, April 18, 1993

Karen's Chocolates

Chocolate Treasures for Passover

Truffles • Almond bark
Cashew crunch • Orange peel
Star of Davids • Chocolate baskets
• Pareve goodies •



Karen Schway

729-9316

Westgate Mall 1309 Carling Avenue

SPECIAL

Culture is thousands of years old

A profile of the Bukharan Jews of Central Asia

This article is the second in a series examining Oriental Jewish Communities in the former Soviet Union.

By Dan Wolfish

It has been said that the Soviet Union was a prison of peoples. One of the many peoples imprisoned was the Bukharan Jews.

This community has not shared in the historical experience of its Ashkenazi and Sephardi brethren. Instead, it has a rich cultural and religious history of its own.

The Bukharan Jews are from the part of the USSR that is known today as Uzbekistan. They refer to themselves as *Ivri, Israel* or *Yahudi*. The term *Bukharan Jew* was coined by European travellers who visited the Muslim Emirates in Central Asia before the Russian conquest in the late 1800s. They are part of a larger Central Asian community that includes Afghan and Iranian Jews. Following the Russian Revolution, the Bukharan Jews began to refer to themselves as *Yahudihoi Maholli*.

Bukhara proved to be a fertile ground for Zinnism

According to the traditions of the Bukharan Jews they are descendants of the exiles who left the ancient *Eretz Israel* after the destruction of the first Temple. They moved into the region following the conquest of Babylon by King Cyrus in 539 B.C.E. Eventually they settled along exotic trade routes known as the Silk Roads which passed through Persia to the Far East.

The first unquestionable evidence about a Jewish presence in Central Asia is provided by the Babylonian Talmud. In the story of the *Anora*, there is a reference to Samuel Bar Bisna of Margwan. The first non-Jewish written evidence that confirms the presence of established prosperous Jewish communities in the region dates to the Medieval age. This document is written testimony that Bukharan Jewry predates the onslaught of the Mongols.

Jewish communities flourished in Central Asia from the ninth to twelfth century. They lived in prosperous communities along the Silk Roads.

The prosperity of the Jews came to an end in the thirteenth century. Like all other local communities, the Jewish population of Central Asia was decimated by the invading Mongol

hordes. The great Jewish Persian centre in Sabesavar was completely levelled by Genghis Khan in 1220. The Jews were forced to move to Samarkand. In 1598, Samarkand was razed by Babi-Mahmet Khan. Consequently, the community in Bukhara grew. Nonetheless, from the fifteenth century onward Jews made their home in both large trading centres of Samarkand and Bukhara.

An Islamic religious and political debate in the sixteenth century affected Persian Jewry. In Iran, a ruling dynasty embraced Shi'ism, but Central Asia, including Afghanistan, did not follow the Iranian lead. This marked the beginning of two distinct histories in Iran and Central Asia. As a result, Persian Jewry was divided into two communities. Bukhara became the centre for Central Asian and Afghan Jewry.

A second division occurred in the eighteenth century. An Afghan kingdom was founded when the Durrani dynasty rose to power in the southern part of the region. As a consequence, Central Asian Jewry was severed into a Bukharan and an Afghan community.

The Muslims of Central Asia have historically been free of the hatred of Judaism typical of the churches in Europe. As a protected people of the Islamic holy scripture, the Koran, the Jews did enjoy religious freedom. Persecution of the Jews never reached the severity that the Ashkenazim suffered. However, the Jews were the victims of Muslim discrimination. Jews were called *Dhugur*, a term of scorn. They were forbidden to buy land and could not engage in agriculture. They were confined to special Jewish quarters called *Makhalliyah*. Yellow and black clothing had to be worn by Jews to distinguish them from the surrounding Muslim population. They also were subject to a burdensome religious tax.

The Russians conquered Central Asia in the latter decades of the nineteenth century and ended Muslim political rule. The conquered lands were carved into three new territories: the province of Turkistan, and the colonies Kiva and Bukhara. In Turkistan, the Tsarist administration did not impose any special restrictions on the Jews.

The Jews welcomed the Russian conquerors. Those living in Turkistan were granted Russian citizenship in 1872 and were permitted to participate freely in the local trade and commerce as Jews. As for the Jews living in the Bukharan Emirate, the peace treaty signed by the Tsar and the local Emir guaran-



Bukharan Jewess and child

teed that the Jews could live freely. But, the Emir tried to blame the Jews for the defeat of his kingdom. Persecution and extortion intensified. As a result, there was an influx of Jews to Turkistan.

Following the Russian conquest, religious and cultural ties between the Bukharan community and Ashkenazi and Sephardi Jews were forged. The communities from European Russia and the Ottoman empire sent cultural and religious items as well as emissaries to Central Asia to help enhance the Jewish life of their Asian brethren.

Bukhara proved to be fertile ground for Zionism. A national messianism and a desire to return to *Eretz Israel* had always been preserved by the community. They welcomed with enthusiasm Zionist teachers and modern Hebrew literature. Hebrew schools, branches of Russian Zionist movements and Zionist youth organizations were founded in Bukhara, Samarkand and Tashkent. Bukharan Jews sent representatives to the Third Congress of Russian Zionists in June 1917. By the 1890s there was a systematic migration of Bukharan Jews to Palestine participating in the Zionist dream. These Jews built one of the first modern Jewish neighbourhoods, Renovat, outside of the city walls of Jerusalem.

Like the Russian conquest before it, the Russian Revolution of 1917 ushered in a period of change. The Muslim anti-Jewish sentiments of the late nineteenth century seemed to abate. In 1918, a pogrom, led by local Russians, raged through the Emirate. The Jews barricaded themselves in their homes and the Emir sent guards to protect them.

The Soviet period did not introduce a period of renewed oppression. On the contrary, all legal restrictions were lifted. At the same time, the new Emir of Bukhara proclaimed a constitution guaranteeing civil rights for all inhabitants, including the Jews.

Stalin introduced a uniform Sovietisation policy for the entire USSR which led to a harsh

atmosphere for the Jews. Like other local ethnic groups, they were the victims of Russification. By the 1930s, the Soviet authorities began to forcibly close cultural and religious institutions and leaders were arrested and even killed. The short period of cultural and national revival sparked by the Russian conquest came to an end.

It is difficult to determine the size of the Bukharan Jewish population. It is known the community has grown since the turn of the century. Because the Nazis never reached Central Asia, the local Jews never suffered losses in the Holocaust. Furthermore, Bukharan women traditionally have many children. According to the 1989 census the total number of Jews living in Central Asia was 36,568.

Like European Jews, the Jews of Bukhara adopted the languages of their host culture. In this case, they primarily speak the *Tajik* dialect of Persian. They also developed a Jewish dialect derived from Tajik, but employing Hebrew linguistic and grammatical features as well as the Hebrew alphabet. By 1932, the Soviet authorities forced the Jews to replace Hebrew with the Latin Alphabet. This gave the Soviets control over publications and Bukharan Jewish culture. By the late 1930s, Judeo-Tajik was declared a non-language and its official use was forbidden. Many writers, community leaders and teachers were arrested and sent to the Gulag. Today, most youth no longer speak the Jewish dialect.

Prior to the Soviet period there was a rich ancient literary tradition common to all Jews of Central Asia, Afghanistan and Iran. Very early in Persian Jewish history the Pentateuch was translated into Persian.

Drama was the most popular form of literature. Amateur troupes were found in all Jewish centres. Most of the plays were usually based on translations of the prominent Uzbek and Tajik plays of the time. However, troupes also performed a variety of Hebrew and Zionist oriented plays.

The religious development of Bukharan Jewry differed from that of the Ashkenazim. They adopted Persian religious rites and liturgy. Furthermore, Bukharan Jewry was deprived of the great scholarship and mystic fervour of the Ashkenazi Jews. Jewish sages of Central Asia did not delve deeply into the Talmud. By the eighteenth century the community was in religious decline. A revival was sparked only because of the arrival of religious emissaries from other lands.

In 1793, Joseph ha-Ma'aravi arrived from Safad and introduced religious reform. He brought a qualified scribal and religious books from Vilna and Constantinople. Moshe Maimon Maghrebi, a Sephardi born in Morocco also had a profound impact. He opened religious schools and taught Sephardi ritual. Because of his religious efforts, the Bukharan Jews abandoned the Persian rite and adopted the Sephardi liturgy.

The Bukharan Jews have preserved and protected their ancient religious heritage and handed it down intact from generation to generation. The home is the centre of continuous religious education as the family assumed the responsibility for the religious rituals that govern life from birth to death.

Today, members of the Bukharan community are more observant of ritual than their assimilated cousins in Europe and America. It may have been conceivable for a Russian Jew to be circumcised secretly, but for a Bukharan Jew this would be unthinkable.

Similarly, most other life cycle rituals are observed. Every Bukharan Jewish boy has a Bar Mitzvah. This is significant because in the USSR, Jews have been restricted from religious training. The fact that Bar Mitzvah were performed indicated either defiance of Soviet authorities or significant religious training in the home. Wedding ceremonies are conducted according to religious law, including the *nikkah*. Lastly, funerals within the Bukharan Jewish community are still being performed according to Jewish law. They even follow most of the laws of mourning, including *shivah*, *kaddish* and the thirty days of mourning.

Aside from the life cycle rituals, shabbat and the religious holidays are still openly observed. Today, attendance in Bukharan synagogues is higher than the Ashkenazi turn-outs in the same cities. Even during the anti-Jewish campaigns, attendance was high. Preparations for Passover which involves *Matzos* baking, are done in earnest. Religious institutions that have been absent in Western USSR for decades still operate in Uzbekistan and Tajikistan. They include kosher slaughterhouses and ritual bathhouses.

The gates to the Soviet prison have now been opened. Since 1989, there has been a constant flow of Jews to Israel. Among those arriving are the Bukharan Jews. They bring with them a culture and identity that is thousands of years old.

Dan Wolfish is currently studying history at Carleton University.



Men at prayer

THE HEALTH FILE

There is relief

Migraines: The symptoms and the treatments

by Dr Hy Rabinovitch

Migraine is a periodic event in the lives of 17 percent of us. Frederic Chopin, Sigmund Freud and Princess Margaret have had it. Usually it is associated with headache, but this is not always the case.

The cardinal features of migraine are divided into two major groups: "The Aura" and "The Headache." Either can occur alone. The aura are transient symptoms caused by dysfunction in part of the brain. It may be preceded by mood changes, including depression, irritability or euphoria. Commonly, the aura starts as the obscuring of vision by bright zigzag or wavy lines, which then spread gradually to involve a greater part of sight. However, just about any part of the brain can be interrupted so that paralysis, numbness and difficulties with speech can all occur. Usually, after 15 to 30 minutes, the symptoms rapidly disappear.

The cause of the aura has been the subject of much study. It seems to be associated with a gradual spread of decreased brain activity and decreased blood flow to the area of the brain that gives rise to the symptoms. The headache usually follows the aura and commonly lasts hours. It typically builds slowly on one side of the head or the other. Often it will throb or pound. It is frequently associated with nausea or even vomiting. The person will often complain of light bothering his or her eyes and prefer a dark room. The headache is caused by changes in blood vessels of the scalp. These small arteries become inflamed, swollen and irritated because of the release of chemicals from nearby nerves.

What causes a migraine to occur at any one time? Commonly, it is the presence in the body of certain chemicals in our food. In particular, chocolate, cheese and red wine are the major culprits, but the list also includes citrus fruits, marinated herring and red meats. Skipping

"Migraine is a common affliction. There are multiple methods available to treat them from simple... to exotic... to nothing at all"

meals, decrease in blood caffeine levels, altered hormonal levels, stress, removal of stress, sleeping in, and drops in barometric pressure are all important factors.

Two strategies are used with migraine treatment. One is the treatment of individual attacks of migraine with medication taken when symptoms are already present. Secondly, there is prophylactic medication taken on a daily basis whether migraine is present or not. The intention is to markedly reduce or eliminate the migraine.

Individual migraine may be associated with mild headache only and two aspirins may solve the problem. There is no need to "call the doctor in the morning." The aspirin likely acts on those inflamed scalp blood vessels mentioned earlier, causing the inflammation to be reduced.

A number of other anti-inflammatory medications are available and are helpful. For some people these include Actipron, Anaprox and Voltaren. Occasionally, it is useful to combine any of the agents mentioned with an antinauseant such as Gravol or a medication that improves stomach action such as Motilium. The classic and most effective medication used for many years has been Ergotamine. This acts on the blood vessel by interfering with the chemicals that cause them to be dilated and become inflamed. It can be swallowed alone or combined with antinauseants, e.g. Cafergot, Gravergol, Wigraine. It can be placed under the tongue e.g. Ergomar, or taken as a rectal suppository e.g. Cafergot. Its major drawback has been its slow and imperfect absorption, requiring it to be

taken early in the symptoms to improve the likelihood of being effective.

Recently a new medication has come out which acts more accurately than Ergotamine. Imitrex is available both as a pill or with an auto-injector which quickly places a needle and medication just under the skin. This can be given even during a severe migraine and it also lessens the nausea. Seventy percent find it effective and more effective than the pill. The down side has been the cost (about \$16 per pill). In addition, for some the headache returns later in the day requiring more medication. Those that benefit often comment that the \$16 is a small expenditure compared to the financial impact of lost time from work.

DHE is another anti-migraine medication which has to be given by injection and has been around a long time. Although it is much more specific in its action on those culprit blood vessels than the Ergotamines it is not as specific as Imitrex. It works best when given intravenously in a hospital but can be given into the skin or muscle by the patient. It frequently requires an antinauseant to be taken beforehand. Its advantages are its relatively low cost and longer duration of action than Imitrex. A nasal spray form is in the offing.

The prophylactic medications are numerous. They all act to alter the chemical processes that produce migraine. Sandomigran has been around for 15 years and is highly effective. It may improve appetite - a negative for some!

The antihypertensive agents have been a major source of agents for migraine. They

include two groups, the Beta Blockers e.g. Inderal, Corgard and the Calcium Channel Blockers e.g. Sibelium, Adalat, Isopten. The use of beta blockers are of concern in patients with asthma and diabetes. Sibelium should not be used in the depressed. Antidepressants are highly effective for migraine even if one is not depressed. Names that may be heard are Elavil, Norpramin, Sinequan and Anafranil. For some, medication has been the main cause for the headaches to increase in frequency. Thus, daily use of codeine will prolong the headache problem. For many a proper diet and daily exercise will reduce headache frequency.

To conclude, migraine is a common affliction. There are

multiple methods available to treat them from simple over-the-counter preparations to exotic new medication to no medication at all. The selection of the appropriate therapy is complex for some, simple for others. Concern is always raised if the headaches are:

1. Increasing in severity over time.
2. Exacerbating at onset and precipitated by lifting, straining or sexual intercourse.
3. Associated with an aura that does not resolve.
4. Associated with fever.
5. Compounded by loss of awareness or consciousness.

Dr Rabinovitch is an Ottawa neurologist.

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Dr. Albert Sabin dies at 86

NEW YORK (JTA) — Dr. Albert Sabin, a world-renowned virologist who developed the oral polio vaccine has died at the age of 86.

Sabin was the fourth president of the Weizmann Institute of Science in Rehovot, Israel, from 1970 through 1972.

He served as a member of the Institute's board of governors for more than 25 years.

He bequeathed large grants to the Weizmann Institute last year and the year prior, to be used for solar energy research.

In 1991, he surprised the committee at its annual dinner by donating \$590,000.

Sabin, who was a physician, virologist and microbiologist, delved into the possible role of viruses in human cancer.

He developed the oral polio vaccine after researching a cure for the disease from 1931 through 1961. The vaccine made use of live attenuated polioviruses.

Born in Bialystok, Russia in 1906, Sabin immigrated to the United States at age 14.

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Jewish Family Services

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Spotlight on NEOT HERZL

The Ottawa Jewish Community is twinned with the Neot Herzl neighborhood in Netanya, Israel, in Project Renewal



Women at the centre

Help for the elderly

About 1,000 elderly people live in the three Neot Herzl neighborhoods. Fifty percent live only on the monthly payments of Israel's National Insurance Program. More than 500 of these elderly people have no support systems. Most of them are known to the municipality's Department of Welfare Services. Of this group, 160 are over the age of 80.

Dealing with this population, which often has acute needs, is one of the serious problems at Neot Herzl. A day-care centre for the elderly in Neot Herzl's Sela neighborhood, funded by Project Renewal, is an important component in dealing with the problem. During the morning hours, the centre has an enrolment of 50 older people, and is visited daily by 30 to 40 of them. Most suffer from physical and mental handicaps, and are in need of care and supervision.

The centre provides transportation, physical and social activity, personal care and hygiene, including bathing and laundry assistance, hot meals, preventive medical treatment, health instruction and professional worker services.

Rita Ehrlich, for example, is a public health nurse who conducts house visits, blood pressure checks and basic medical tests. She teaches the elderly such things as the use of handle-bars in the bathroom and shower, how not to slip on rugs, how to improve their functioning in various situations.

Ada is a physiotherapist who comes to the centre regularly to work with those who need her help. The professional staff is helped by social-work students, who come to the centre to get training.

The facility is located in an old pre-fabricated structure — cold in winter, hot in the summer — that is the first elderly centre to be built in Netanya. Its cramped quarters are inadequate to meeting the needs. According to Chana El'ad, the centre's director, the structure has a negative impact. It affects especially the afternoon activities, when the place is used as a social club by elderly people who function better than the handicapped users in the morning.

"The centre has a certain stigma," says Chana, "as having a weak population. We need to change this image, so that other elderly people will be attracted as well."

This is why she is so keen for construction of the new Neot Herzl Community Centre to begin. Her reason: among other things, this major, multi-purpose building will also provide a new location for the elderly centre. "For me, it's still a dream," declares Chana, reflecting the long wait of people at Neot Herzl for what should become the single most important communal project in their area.

Holocaust Documentation

by Elly Bollegraaf

The Holocaust Remembrance Committee's plan to document the personal histories of Holocaust Survivors and Children of Survivors living in the Ottawa area is well under way.

Almost 60 people have filled out forms especially produced for this purpose. The information will serve as an historical document as well as a useful tool for tracing relatives and friends.

This project is very worthwhile. The information collected will be reproduced in a binder format with one or two pages devoted to each individual. The data are being entered into a computer, and special programs are being written to permit general as well as specific date retrieval. It will thus be possible to print histories of each individual as well as lists of specific characteristics, including people who were in concentration camps by specific or all concentration camps; people who were hidden and location; number of camps; and country of birth or residence.

The documented histories of those who experienced the Holocaust may help establish links between relatives. Also, second and third generation individuals may find it useful in learning about family history.

For the purpose of this project, a "Holocaust Survivor" is defined as:

- A Jew who survived a concentration camp(s), imprisonment, slave labor, or
- A Jew who succeeded in eluding the Nazis by being hidden, disguised, involved in the partisan movement etc., or,
- A Jew who left occupied Europe on account of Nazi persecution between 1933 and 1945.

Anyone who fits the above categories, or is a Second Generation individual, is encouraged to participate, and is asked to fill in the questionnaires if they have not already done so. Separate questionnaires for Holocaust Survivors and Second Generation individuals are available from Ruth Kahane 789-7305, Vera Gars 722-6422 or Elly Bollegraaf 729-9151.

In addition, if there are individuals in the community who can operate a IBM-compatible computer and who would be willing to volunteer their time and help with data entry, please contact Elly Bollegraaf, as soon as possible.

Congress urges recognition of MDA

VANCOUVER — For the second time in three months Canadian Jewish Congress (CJC) officials have met with Canadian Red Cross Society (CRCS) leaders to urge full recognition of the Magen David Adom (MDA), Israel's Red Shield of David, within the international Red Cross and Red Crescent Societies.

"This is an important issue for us. It is hard to accept that the MDA satisfies all criteria for official status but one - it cannot accept a cross or a crescent as its emblem," stated CJC President Professor Irving Abella, who led the Congress delegation.

CRCS President Jon Turpin emphasized that the CRCS favours the approach suggested

in a recent working paper of the International Committee of the Red Cross which explores the creation of a new, universal, non-sectarian protective symbol for all societies. He informed the CJC delegation that Canada will seek to place on the agenda of a major International Red Cross/Red Crescent gathering to take place this October, the establishment of a Working Group on the Emblem to review the issue of symbols and begin the process of creating a new secular emblem.

Professor Abella emphasized: "We are encouraged that the CRCS understands the importance of this issue and we regard the Canadian initiative as a step in the right direction for all societies which cannot accept a cross

or a crescent as their official emblem. Nevertheless, we would prefer to have the Canadian Red Cross support immediate full recognition of the MDA, as its American counterpart has done."

Also discussed was the fate of Ron Arad, the downed Israeli navigator presumably being held captive, possibly in Lebanon, for several years by Hezbollah. Acting upon a CJC request following the last meeting, the Canadian Red Cross made an inquiry to the International Committee of the Red Cross about Mr. Arad. The ICRC's response contained no new information and Congress asked the CRCS to request a follow-up status report.

Jewish Education through Torah

April 15, 1993 - June 17, 1993
Schedule of Classes
At Congregation Machzikei Hadas
2310 Virginia Drive

Monday Evenings
Period One 7:30 - 8:30 p.m.
Rabbi Zischa Shaps

Making the Omer Count April 19
 Discover the meaning behind the counting of the Omer, the Rabbinic customs of the period and the deeper significance of the time between Pesach and Shavuot.

Mystical Waters April 26, May 3
 A presentation of the spiritual, psychological, and practical underpinnings of the Mikveh observance. In two independent sessions, this seminar will explain the concept of this most misunderstood ritual and show how it brings joy, freshness and fulfillment to married life.

Heading Towards Sinai May 10, 17
 Join us for a journey to Mount Sinai to receive the Torah once again on the holiday of Shavuot.

An exploration of the laws and customs of the holiday and how to prepare for receiving G-d's greatest gift.

Jerusalem - Forever in our Hearts May 31
Essential Facts and Figures of Judaism June 7, 14
 How clear is your grasp of the many events, figures and components of our Torah and our history? Do you have down what is where - and with who? This important series is designed to review and organize the basic information necessary for a confident grasp of the Torah and our People.

Refreshments will be served between periods

Period Two 8:45 - 9:30 P.M.

Rabbi Yosef Sklat
 The Philosophy of Maimonides

April 19 - June 14
 A text based study of the first section of Maimonides' Mishneh Torah, Foundations of the Torah. In this section Maimonides discusses many of the basic concepts of Jewish faith. Texts with English translation will be available.

Tuesday Evenings
Studies in Sefer Shemot
Mrs. Leah Sklat
April 20 - June 15 8:00 P.M.
 A text based study of the Book of Exodus using the original text with the commentary of Rashi, as well as an overview of some of the classical commentaries to the Torah. This class will be continuing throughout the year. For women only.

Thursday Evenings
April 15 - June 17
Bais Medrash Program

Chavrusah Study 8:00 - 10:00 P.M.
 Join us for a Thursday night Bais Medrash Program. Arrange to learn, in text, with one or two study partners and develop your knowledge and skills in Torah study. Pre-registration required.

Talmud Study Group 8:00 - 9:00 P.M.
Rabbi Zischa Shaps
 This group will enable the newcomer to Talmud as well as the experienced Talmudist a chance to hone their skills. The group is studying Tractate Bava Metzia.

Hafala Study Group 8:00 - 10:00 P.M.
Rabbi Yosef Sklat
 Join this dynamic group studying the laws of Jewish daily life from the Kitzur Shulchan Aruch, Concise Code of Jewish Law, in the original text. For beginners and intermediates.

At the home of Lauren Shaps
2836F Sandwood Drive
Thursday Mornings
The Laws of Daily Conduct
April 22 - June 17, 9:00 a.m.
 Join this lively, animated group of women as they go through the laws of daily conduct as they apply to today's Jewish women.

At Beth Shalom West
15 Chartwell Ave.

Sunday Evenings April 18 - June 13
(No class April 25)
Period One 7:00-8:00 P.M.
Hebrew Level III
Mrs. Debbie Fischman
 This class will concentrate on improving Hebrew reading skills using the siddur as a text. There will also be an emphasis on comprehension and use of the siddur for the prayer services.

Refreshments will be served between periods

Period Two 8:15-9:15 P.M.
Rabbi Zischa Shaps
Making the Omer Count April 18
 Discover the meaning behind the counting of the Omer, the Rabbinic customs of the period and the deeper significance of the time between Pesach and Shavuot.

Heading Towards Sinai May 16, 23
 Join us for a journey to Mount Sinai to receive the Torah once again on the holiday of Shavuot.

An exploration of the laws and customs of the holiday and how to prepare for receiving G-d's greatest gift.

Essential Judaism
Rabbi Zischa Shaps
 Five lectures which probe the core issues of basic Jewish thought. Each independent lecture will cover one of the central philosophical themes of Jewish faith.

May 2	- Belief in G-d
May 9	- Shabbos - Secret to Survival
May 16	- Prayer
June 6	- Jewish Observance - Does G-d need our Mitzvot?
June 14	- Judaism and Secularity

All Classes Free of Charge
Pre-registration would be appreciated

For more information on these and other programs
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J.E.T. is sponsored by the Ottawa Torah Institute and OAJE

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Hillel Lodge	200.00		400.00	Israel and Pnily Cohen Endowment Fund	
Tamir	200.00	Jonah Matthew Bonn Endowment Fund		Camp B'nai Brith	230.00
	600.00	Jewish Family Services	580.00		
Abraham and Rachel Barock Memorial Fund		Jacob and Bertha Bookman Memorial Fund		Max and Grete Cohen Memorial Fund	
Hillel Academy	80.00	Hillel Academy	325.00	Hillel Lodge	650.00
Hillel Lodge	80.00	Hillel Lodge	325.00		
Jewish Students Union - Hillel	80.00		650.00	Philip Cohen Memorial Fund	
	240.00	Max and Marcia Bordelay Memorial Fund		Canadian Friends Judaica Archives	260.00
Doris and Jack Baylin Endowment Fund		Hillel Academy	200.00	Operation Exodus	260.00
Hillel Academy	200.00				520.00
Jennie and Morris Baylin Memorial Fund		Tom and Miriam Bordelay Memorial Fund		Samuel and Faye Cohen Memorial Fund	
Hillel Lodge	160.00	Hillel Academy	225.00	United Jewish Appeal - Local	300.00
Maurice Beck Memorial Fund		Hillel Lodge	300.00		
United Jewish Appeal - Overseas	140.00	Ottawa Torah Institute	275.00	Harry and Jean Cooper Memorial Fund	
Isaac and Helen Belles Endowment Fund			800.00	United Jewish Appeal - Local	620.00
Akiva High School	50.00	Rebecca and Maurice Brovender Memorial Fund			
Camp B'nai Brith	100.00	Hillel Academy	130.00	James Melton Cooper Memorial Fund	
Hillel Academy	100.00			Canadian Friends of Haifa Technion	400.00
Hillel Lodge	200.00	Edith and Otto Bruck Endowment Fund		Canaian Friends of Hebrew University	400.00
Jewish Community Centre	100.00	Ottawa Jewish Historical Society	120.00	Jewish Community Centre	75.00
Jewish Family Services	100.00			Jewish Students Union	1000.00
Jewish Community Council	100.00	Clara and Albert Brunberg Memorial Fund		Phillip Cooper Memorial Fund	
Ottawa Vaad Hakashrut	100.00	Hillel Lodge	160.00	Amal School	400.00
Ottawa Jewish Historical Society	100.00	Emunah Women's Council	320.00		
Ottawa Torah Institute	100.00			Cracewer Family Endowment Fund	
Rachel Kizell Chapter - Emunah	200.00			Hillel Academy	100.00
	1250.00			United Jewish Appeal - Overseas	150.00
				Ottawa Women's ORT	250.00
					500.00

continued on page 22

FOUNDATION GRANTS

Nathan and Reba Diener Endowment Fund	
Hillel Academy.....	100.00
Operation Exodus.....	200.00
Ottawa Women's ORT.....	20.00
	320.00
Abraham and Fanny Duhrow Memorial Fund	
Ottawa Modern Jewish School (prize).....	50.00
Ottawa Talmud Torah Afternoon School (prize).....	50.00
Star of David Hebrew School (prize).....	50.00
United Jewish Appeal - Local.....	40.00
Ottawa Torah Institute.....	50.00
	240.00
Joseph and Jean Dover Endowment Fund	
Hillel Lodge.....	230.00
William Dover Memorial Fund	
United Jewish Appeal.....	170.00
Lillian and Leonard Dworkin Endowment Fund	
United Jewish Appeal.....	120.00
Hillel Lodge.....	60.00
Canadian Cancer Society.....	60.00
	240.00
Max and Miriam Dworkin Memorial Fund	
Jewish Students Union - Hillel.....	580.00
Nat Edelstein Memorial Fund	
Hillel Lodge.....	230.00
Sam and Rose Edelson Endowment Fund	
Hillel Lodge.....	110.00
Morris and Helen Eisen Endowment Fund	
Hillel Lodge.....	350.00
Seymour and Edna Eisenberg Endowment Fund	
Jewish Family Services.....	70.00
Esther and Joseph Eisenstadt Memorial Fund	
Hillel Lodge.....	150.00
Talmud Torah Afternoon School.....	300.00
	450.00
Cynthia and Abe Engel Endowment Fund	
Jewish Community Campus.....	150.00
Klara Engel Memorial Fund	
Ecole Maimonides.....	140.00
Cornelia and Leslie Engel Endowment Fund	
Canadian Cancer Society.....	90.00
Jewish Family Services.....	90.00
	180.00
Katie Ellen Farber Memorial Fund	
Hillel Academy.....	525.00
Hillel Lodge.....	525.00
	1050.00
Lillian Hitzig Fein Memorial Fund	
Hillel Lodge.....	100.00
Benjamin and Freda Feinstein Endowment Fund	
Hillel Academy.....	450.00
Hillel Lodge.....	450.00
	900.00
Bernice Feller Memorial Fund	
United Jewish Appeal - Local.....	300.00
Joseph and Betty Feller Endowment Fund	
Hillel Lodge.....	200.00
Israeli War Disabled Veterans.....	300.00
Jewish Blind of Jerusalem.....	200.00
Canadian Friends of Judaica Archives.....	200.00
	900.00
Mayer and Betty Farber Endowment Fund	
Jewish Family Services.....	110.00
Harry Fine Memorial Fund	
United Jewish Appeal - Local.....	400.00
Isobel Firestone Endowment Fund	
Jewish Family Services.....	90.00
Jack and Tania Firestone Endowment Fund	
Hillel Lodge.....	150.00
Harold Flagal Memorial Fund	
Hillel Academy.....	100.00
Hillel Lodge.....	75.00
United Jewish Appeal - Local.....	100.00
United Jewish Appeal - Overseas.....	75.00
	350.00
Florence Family Memorial Fund	
Lena Florence Chapter of Hadassah.....	1150.00
Michael Freedman Memorial Foundation	
Carleton University.....	1350.00
United Jewish Appeal.....	7650.00
	9000.00
Lawrence Freiman Fund For Children With Learning Disabilities	
Hillel Academy.....	1050.00
(Children with Learning Disabilities)	

Lawrence and Audrey Freiman CIOF Scholarship Fund	
Canada-Israel Cultural Foundation.....	2500.00
Alfred and Kaya Friedman Endowment Fund	
United Jewish Appeal.....	260.00
Rose and Samuel Friedman Memorial Fund	
Hillel Lodge.....	950.00
Samuel and Ida Gaffen Endowment Fund	
Beth Shalom Synagogue Sisterhood.....	130.00
Joseph and Fanny Gennis Memorial Fund	
Canadian Friends of Judaica Archives.....	420.00
David and Tillie Gershon Endowment Fund	
Hillel Lodge.....	340.00
Jacob Gladstone Endowment Fund	
Ecole Maimonides.....	100.00
Hillel Academy.....	100.00
Hillel Lodge.....	125.00
Ottawa Torah Institute.....	60.00
Ottawa Vaad Hakashruth.....	50.00
Talmud Torah Afternoon School.....	125.00
	560.00
Stanley and Libby Glube Family Endowment Fund	
Camp B'nai Brith.....	80.00
Tamir.....	100.00
Ottawa Torah Afternoon School.....	200.00
Ottawa Modern Jewish School.....	200.00
	580.00
Ann Gluzman Memorial Fund	
Can. Friends of Ghetto Fighters.....	2350.00
United Jewish Appeal - Local.....	2350.00
	4700.00
Lillian (Lasker) Godine Memorial Fund	
Israel Cancer Research.....	110.00
Juvenile Diabetes Association.....	110.00
	220.00
Arnell and Simone Goldberg Endowment Fund	
Camp Geshet.....	420.00
George and Mary Goldberg Endowment Fund	
Camp Geshet (in memory of Benjamin Eskin).....	50.00
Hillel Lodge (in memory of George Goldberg).....	125.00
Tamir Foundation (in memory of Ethel Eskin Goodfield).....	100.00
United Jewish Appeal - Overseas.....	55.00
(in memory of Gittel Cohen Agulnik).....	
Jewish Family Services (in memory of Ben Karp).....	50.00
	380.00
Morris and Zena Goldberg Memorial Fund	
Tamir Foundation.....	300.00
Edna and Saul Goldfarb Endowment Fund	
United Jewish Appeal - Women's Division.....	500.00
United Jewish Appeal - Overseas.....	500.00
United Jewish Appeal - Local.....	500.00
	1500.00
Eva, Diane and Jack Goldfield Memorial Fund	
Hillel Lodge.....	100.00
Jewish Family Services.....	100.00
Jewish Community Centre.....	240.00
	440.00
Gert and Jack Goldstein Endowment Fund	
Hillel Lodge.....	820.00
Harry and Malca Goldstein Endowment Fund	
Akiva Afternoon High School.....	200.00
Camp Geshet.....	200.00
Hillel Academy.....	500.00
Jewish Community Centre.....	300.00
Jewish Students Union - Hillel.....	50.00
Ottawa Talmud Torah Afternoon School.....	50.00
Tamir Foundation.....	50.00
Hillel Lodge.....	50.00
	1400.00
Louis and Miriam Goldstein Endowment Fund	
Hillel Academy (prize).....	50.00
Hillel Lodge.....	50.00
United Jewish Appeal - Local.....	60.00
Judaica Studies Carleton (prize).....	50.00
Canadian Friends of Judaica Archives.....	50.00
	260.00
Mendel and Valerie Good Holocaust Scholarship Fund	
Canadian Friends of Judaica Archives.....	25.00
Hillel Academy.....	50.00
Hillel Lodge.....	50.00
Ottawa Torah Institute.....	45.00
Akiva Afternoon High School.....	50.00
	220.00
Jacob and Sarah Gordon Endowment Fund	
Beth Shalom Synagogue.....	140.00
Hillel Academy.....	140.00
Hillel Lodge.....	140.00
	420.00
Hyman and Lilian Gould Endowment Fund	
United Jewish Appeal - Local.....	350.00
Victor and Rachel Gould Endowment Fund	
Hillel Academy.....	220.00
Hillel Lodge.....	220.00
	440.00

Greenberg, Hutt, Konick Endowment Fund	
Hillel Academy.....	830.00
Barbara and Sydney Greenberg Endowment Fund	
Operation Exodus.....	140.00
Beatrice and Samuel Greenberg Endowment Fund	
Hillel Academy.....	190.00
Hillel Lodge.....	190.00
	380.00
Ben (Berchik) and Ida Greenberg Endowment Fund	
Tamir Foundation.....	220.00
Bess (Moe) Greenberg Foundation	
Hillel Academy.....	2750.00
Hillel Lodge.....	2750.00
Operation Exodus.....	3500.00
	9000.00
Fritzi and Max (Chief) Greenberg Endowment Fund	
Hillel Academy.....	130.00
Gilbert and Bess Greenberg Memorial Fund	
United Jewish Appeal - Local.....	12000.00
Irving and Shirley Greenberg Endowment Fund	
Hillel Academy.....	2150.00
Hillel Lodge.....	2150.00
Jewish Community Centre.....	2150.00
Jewish Community Council.....	2150.00
	8600.00
Laura and Milton Greenberg Endowment Fund	
United Jewish Appeal - Local.....	250.00
Jewish National Fund.....	300.00
Civic Hospital Foundation.....	50.00
Canadian Friends of Judaica Archives.....	25.00
Tamir Foundation.....	25.00
	650.00
Lazarus and Mary Greenberg Endowment Fund	
United Jewish Appeal - Local.....	300.00
Louis and Helen Greenberg Memorial Fund	
Education Resource Centre.....	500.00
Judaica Studies Carleton University.....	500.00
Hillel Academy.....	1000.00
Hillel Lodge.....	1000.00
Jewish Students Union.....	500.00
Ottawa Talmud Torah Afternoon School.....	1000.00
	4500.00
Michael Greenberg Memorial Fund	
Well Elderly Seniors Program.....	2300.00
Morris Leon and Miriam Leah Greenberg Memorial Fund	
Hillel Academy.....	130.00
Hillel Lodge.....	130.00
	260.00
Nathan and Sarah Greenberg Memorial Fund	
Ottawa University - Hebrew University.....	380.00
Student Exchange.....	
Niome Greenberg Memorial Fund	
Hillel Lodge.....	100.00
Tamir.....	100.00
	200.00
Rose and Roger Greenberg Memorial Fund	
United Jewish Appeal - Local.....	18500.00
Samuel and Bessie Greenberg Endowment Fund	
Hillel Academy.....	300.00
Hillel Lodge.....	200.00
Jewish Community Centre - West End Fitness.....	300.00
United Jewish Appeal - Local.....	400.00
	1200.00
Zelda and John Greenberg Endowment Fund	
Canadian Friends of Judaica Archives.....	50.00
Hillel Academy.....	125.00
Hillel Lodge.....	50.00
Ottawa Torah Institute.....	115.00
Star of David Religious School.....	100.00
Tamir Foundation.....	100.00
Temple Israel Religious School.....	100.00
	640.00
Grossman-Klein Families Endowment Fund	
Hillel Academy - Special.....	2000.00
Talmud Torah Afternoon School.....	100.00
Ottawa Modern Jewish School.....	100.00
Temple Israel Religious School.....	100.00
Beth Israel Fembroke Religious School.....	100.00
Star of David Hebrew School.....	100.00
Akiva Afternoon High School.....	100.00
Hillel Lodge.....	250.00
Jewish Family Services.....	250.00
Tamir Foundation.....	150.00
Jewish Community Centre.....	100.00
Camp B'nai Brith.....	100.00
Camp Geshet.....	100.00
Jewish Students Union.....	250.00
Carleton University-Judaica Studies.....	350.00
Canada Israel Foundation Academic Exchanges.....	200.00
Jewish Community Council.....	200.00
Ottawa Vaad Hakashruth.....	150.00
Queensway Hospital-Heart & Stroke Unit.....	500.00
St. Vincent's Hospital-Heart & Stroke Unit.....	250.00
Royal Ottawa Hospital - Rehab Centre.....	500.00
Children's Hospital Eastern Ontario-Cardiac Unit.....	250.00

continued on page 23

FOUNDATION GRANTS

Ottawa Civic Hospital - Heart & Stroke Unit	250.00	Benjamin and Lillian Katz Memorial Fund		Hugo and Ruth Davis Levendel Endowment Fund	
Grace Hospital - Research & Development	250.00	Hillel Lodge	180.00	Camp Gesher	60.00
Riverside Hospital - Heart & Stroke Unit	250.00	Dr. Hyman and Dr. Sylvia (Van Straten) Kaufman		Ottawa Jewish Historical Society	180.00
Ottawa General Hospital-Heart & Stroke Unit	250.00	Endowment Fund		Ottawa Modern Jewish School	60.00
Children's Hospital Eastern Ontario-Duck Race	200.00	Canadian Magen David Adom	145.00		300.00
Ottawa Civic Hospital - Loeb Research	1000.00	Juvenile Diabetes Association	145.00	Ben and Shirley Levin Endowment Fund	
Salvation Army	100.00		290.00	Hillel Academy	60.00
Canadian Friends of Judaica Archives	100.00	Solomon and Anne (Sabesinsky)		Hillel Lodge	250.00
Juvenile Diabetes Association	100.00	Kaufman Memorial Fund		Jewish Community Council	40.00
Red Cross Society	100.00	Hillel Lodge	110.00		350.00
Kidney Foundation - Ottawa Branch	100.00	Kemptville Beth Israel Synagogue Fund		Jack Levin and Goldie Levine Endowment Fund	
Amethyst Women's Addiction Centre	100.00	Hillel Lodge	470.00	Hillel Lodge	160.00
	9000.00	Kershman Family Endowment Fund		Jewish Family Services	100.00
Benjamin and Sima Gubler Memorial Fund		Hillel Lodge	50.00	Congregation Beth Shalom	440.00
Hillel Lodge	200.00	Tamir	50.00		700.00
Jewish Community Centre	150.00		100.00	Muriel Levine Memorial Fund	
Ottawa Vaad Hakashruth	50.00	Claire and Abe Kevanstein Endowment Fund		Women's ORT of Ottawa	320.00
	400.00	Hillel Lodge	75.00	Martin K. and Elizabeth Levinson Endowment Fund	
Haberman Family Scholarship Fund		Jewish Family Services	75.00	Hillel Academy	400.00
Essay Contest	1500.00		150.00	Harry and Frieda Levitan Endowment Fund	
Sheila and Eric Hammer Memorial Fund		Arthur and Sarah Kimmel Memorial Fund		Ottawa Talmud Torah Afternoon School	
United Jewish Appeal	230.00	Tamir Foundation	350.00	(Slow Learners)	200.00
Hanser Family Endowment Fund		Hillel Lodge	100.00	Hillel Lodge	300.00
Beth Shalom Synagogue	420.00	Ottawa Rotary Home	100.00	Tamir	250.00
Frances Hartman Memorial Fund		Weisenthal Centre	110.00		750.00
Hillel Academy	120.00		660.00	Laurie Levitin Memorial Fund	
Larry and Sheila Hartman Endowment Fund		Phillip and Ettie Kimmel Memorial Fund		Hillel Lodge	500.00
Jewish Students Union	130.00	Hillel Lodge	250.00	Operation Exodus	200.00
Tamir	100.00	Machzikei Hadas Synagogue	250.00	Ottawa Post Jewish War Veterans of Canada	200.00
	230.00		500.00		900.00
Jeanie and Harry Hecht Endowment Fund		Jacob and Esther Kizell Memorial Fund		Joseph and Jean Lichtenstein Endowment Fund	
Ecole Maimonides	250.00	Ottawa Cancer Clinic	220.00	Tamir Foundation	170.00
Ottawa Torah Institute	230.00	Ottawa Civic Hospital Hear: Institute	220.00	Hyman and Pearl Lief Endowment Fund	
	480.00		440.00	Hillel Lodge	280.00
Hillel Academy	2690.00	Norman and Sonia Kizell Foundation		Joseph and Evelyn Lief Endowment Fund	
Hillel Lodge Endowment Fund	3190.00	United Jewish Appeal - Local	5300.00	Jewish Students Union - Hillel	100.00
Hy Hochberg Memorial Lecture Fund	950.00	Gerry and Rochelle Koffman Endowment Fund		United Jewish Appeal - Local	250.00
Hy and Pauline Hochberg Endowment Fund		Hillel Academy	80.00	Hillel Lodge	100.00
United Jewish Appeal - Women's Division	900.00	Koffman Family Endowment Fund		Jewish Family Services	100.00
		Canadian Friends of Judaica Archives	200.00	Judaic Studies - Carleton University	50.00
Yetta and Nathan Hochberg Memorial Fund		Operation Exodus	650.00	Canada Israel Academic Exchange	50.00
United Jewish Appeal - Local	140.00		850.00		650.00
Holocaust Memorial Fund		Dr. Joseph and Grace Koren Endowment Fund		Louis and Jeanne Lief Endowment Fund	
Jewish Community Council	700.00	Holocaust Memorial Fund	2250.00	Hillel Lodge	260.00
Jeanne and Jackie Horwitz Endowment Fund		United Jewish Appeal - Overseas	2250.00	Ethyl and Manny Lightstone Endowment Fund	
Hillel Lodge	300.00		4500.00	Hillel Lodge	280.00
Deena and Louis Hyman Memorial Fund		Gertrude (Plect) Kollarsky Memorial Fund		Abraham and Dora Lithwick Memorial Fund	
United Jewish Appeal - Local	600.00	Beth Israel Pembroke Religious School	50.00	Hillel Lodge	450.00
Dorothy and Hy Hymes Endowment Fund		Canadian Friends of Judaica Archives	50.00	Ottawa Talmud Torah Afternoon School	450.00
Hillel Academy	230.00	Hillel Lodge	100.00		900.00
Hillel Lodge - Women's Auxiliary	230.00	Jewish Family Services	130.30	Arnold and Rose Lithwick Family Endowment Fund	
	460.00	Ottawa Talmud Torah Afternoon School	50.00	Canada Israel Foundation For	
Jewish Community Cemetery		Judaic Studies Carleton University	50.00	Academic Exchanges	100.00
Holocaust Memorial Fund	900.00	Canada Israel Foundation for Academic Studies	100.00	Canadian Friends of Hebrew University	200.00
Jewish Community Centre Youth Services Fund	500.00	Ottawa Jewish Historical Society	550.00	Canadian Institute for Jerusalem Blind	50.00
Jewish Family Services Fund	4200.00	Kovod Fund		Magen David Adom	100.00
Jewish Men's Softball League Endowment Fund		United Jewish Appeal	900.00	Heart and Stroke Foundation	100.00
Jewish Community Centre (Maccabi)	300.00	Krantzberg-Krane Family Endowment Fund		Hillel Academy	300.00
Frances Kalman Memorial Fund		Camp Gesher	580.00	Hillel Lodge	200.00
United Jewish Appeal	2550.00	Abraham and Riva Kroll Memorial Fund		Jewish Community Campus	1800.00
Jewish Community Council	50.00	Hillel Academy	525.00	Jewish Family Services	100.00
	2600.00	United Jewish Appeal - Overseas	525.00	Jewish Students Union	100.00
Jeremy Kanter Memorial Fund		Samuel and Irene Kronick Endowment Fund		Ottawa Hebrew Free Loan Association	50.00
Hillel Academy	200.00	United Jewish Appeal - Local	340.00	Talmud Torah Afternoon School	50.00
Tamir	200.00	Labour Zionist Fund of Ottawa		Tamir Foundation	50.00
Andrew Fleck Integration Service	700.00	Labour Zionist Activities	10000.00		3200.00
Max and Dora Kapinsky-Karp Memorial Fund		Frank and Sadie Labovitch Endowment Fund		Ida and Sidney Lithwick Endowment Fund	
Camp B'nai Brith	100.00	Hillel Lodge	140.00	Talmud Torah Afternoon School	400.00
Capital Region Hearing Impaired	140.00	Jewish Family Services	140.00	Irving and Ellen Lithwick Endowment Fund	
Ottawa Heart Institute	100.00		280.00	Canada Israel Foundation For	
Hillel Lodge	100.00	Jacob and Rose Landau Memorial Fund		Academic Exchanges	100.00
Ottawa Cancer Clinic	150.00	Canadian Friends of Jerusalem Blind	150.00	Canadian Friends of Ben Gurion University	100.00
Parkinson's Research	150.00	Canadian Friends of Judaica Archives	100.00	Canadian Friends of Hebrew University	100.00
	740.00	Hillel Academy	300.00	Canadian Friends of Technion University	200.00
Abraham and Tzipora Kardash Memorial Fund		Hillel Lodge	300.00	Canadian Friends of Simon Wiesenthal Centre	100.00
Hillel Academy	300.00		850.00	Canadian Friends of Judaic Studies	100.00
Hillel Lodge	300.00	Mayer and Rose Landau Memorial Fund		Carleton University - Judaica Studies	100.00
Tamir Foundation	300.00	United Jewish Appeal - Oshawa	480.00	Hillel Academy	200.00
Ottawa Torah Institute	200.00	Lily and Morris Lang Endowment Fund		Hillel Lodge	200.00
	1100.00	Hillel Lodge	50.00	Jewish Students Union	100.00
Pinhey and Libby Kardash Endowment Fund		Rachel Kizell Chapter - Emunah	150.00	Jews From Arab Lands	200.00
Ottawa Torah Institute	50.00	Ottawa Torah Institute	70.00	Ottawa Amal	100.00
United Jewish Appeal	350.00		270.00	Tamir Foundation	100.00
	400.00	Moses and Rebecca (Rill) Lasker Memorial Fund		Weizmann Institute	1800.00
Israel and Eva Kardish Endowment Fund		Hillel Lodge	135.00	Jack and Dora Litwick Memorial Fund	
Hillel Academy	180.00	Jewish Family Services	135.00	Hillel Lodge	1200.00
Hillel Lodge	180.00		270.00	Norman and Amelia Loeb Endowment Fund	
	360.00	Josef and Rose Lebovitch Memorial Fund		Hillel Lodge	100.00
Samuel and Tillie Kardish Endowment Fund		United Jewish Appeal - Local	100.00	Ottawa Talmud Torah Afternoon School	200.00
Hillel Academy	250.00	Harry Leikin Endowment Fund		United Jewish Appeal - Overseas	150.00
Hillel Lodge	250.00	Hillel Academy	900.00	United Jewish Appeal - Local	100.00
Star of David Hebrew School	250.00	Samuel and Mary Lesh Memorial Fund		Operation Exodus	50.00
	750.00	Hillel Lodge	108.00		600.00
		Tamir Foundation	378.00	Murray and Mary Macy Endowment Fund	
		Jewish Family Services	54.00	Hillel Lodge	600.00
			540.00		

continued on page 24

FOUNDATION GRANTS

Samuel and Leena Magidson Endowment Fund	
United Jewish Appeal - Local.....	280.00
Jacob Malomet Memorial Fund	
Hillel Academy.....	420.00
Woodroffe High School.....	100.00
	520.00
Edgar and Gertrude Marks Endowment Fund	
Hillel Lodge.....	180.00
Claire and Ted Metrick Endowment Fund	
Hillel Lodge.....	300.00
Dave, Louis and Laz Mirsky Endowment Fund	
Hillel Lodge.....	550.00
Norman Mirsky Memorial Fund	
Jewish Family Services (Special Project).....	1000.00
Abram and Edith Molot Memorial Fund	
Canadian Friends of Judaica Archives.....	200.00
Hillel Academy.....	850.00
	1050.00
Morris Molot Memorial Fund	
Canadian Cancer Society.....	160.00
Hillel Lodge.....	160.00
	320.00
Reuben and Sylvia Molot Endowment Fund	
Jewish Family Services.....	100.00
Ottawa Hadassah-WIZO (Bertha Slonimsky Chapter).....	70.00
Tamir Foundation.....	100.00
	270.00
Jack and Honey Monson Endowment Fund	
Camp B'nai Brith.....	460.00
Montefiore Club of Ottawa Fund	
United Jewish Appeal - Local.....	5500.00
Moses and Tanya Morin Endowment Fund	
Beth Shalom Synagogue.....	300.00
Hillel Lodge.....	200.00
	500.00
Sylvia and Alex Morin Endowment Fund	
Hillel Lodge.....	100.00
Oorothy and Herbert Nadolny Endowment Fund	
Operation Exodus.....	2500.00
United Jewish Appeal - Women's Division.....	6500.00
	9000.00

Max and Ida Nadolny Memorial Fund	
Hillel Academy Parents Association.....	2600.00
Jean and Max Naemark Family Endowment Fund	
Hillel Lodge.....	100.00
Camp B'nai Brith.....	100.00
	200.00
Moshe and Molly Narwa Endowment Fund	
Children's Wish Foundation.....	210.00
Pinkas and Yehudit Newman Memorial Fund	
Hillel Lodge.....	400.00
Jewish Family Services.....	400.00
Jewish Students Union - Hillel.....	400.00
Jewish Community Centre.....	125.00
Ottawa Modern Jewish School.....	75.00
Ottawa Talmud Torah Afternoon School.....	400.00
	1800.00
Ottawa Jewish Historical Society	
Endowment Fund.....	300.00
Ottawa Lodge B'nai Brith Memorial Fund	
Camp B'nai Brith.....	1800.00
Ottawa Lodge B'nai Brith Past President's Fund	
Camp B'nai Brith.....	350.00
Ottawa Modern Jewish School Fund	
Hillel Lodge.....	750.00
Reuben Palef Memorial Fund	
Hillel Lodge.....	1300.00
Abraham and Bertha Pahner Endowment Fund	
United Jewish Appeal - Local.....	150.00
Martin Glatt Parliament Lodge B'nai Brith Past	
Presidents Fund	
Jewish Students Union.....	420.00
Harold and Yetta Pearl Memorial Fund	
United Jewish Appeal - Local.....	240.00
Joseph Petigorsky Memorial Fund	
Hillel Academy.....	200.00
United Jewish Appeal.....	200.00
	400.00
Harry and Bertha Pleet Endowment Fund	
United Jewish Appeal - Overseas.....	80.00
United Jewish Appeal - Local.....	80.00
	160.00

Jack and Miriam Pleet Endowment Fund	
Hillel Lodge.....	90.00
Nancy and Larry Pleet Endowment Fund	
United Jewish Appeal - Local.....	250.00
Roberta and Sidney Pollack Endowment Fund	
Women's CRT of Ottawa.....	300.00
Benjamin and Bessie Polowin Memorial Fund	
Hillel Academy.....	480.00
Oase and Betty Polowin Endowment Fund	
Hillel Academy.....	410.00
Norman and Evelyn Potechin Endowment Fund	
Tamir Foundation.....	220.00
Doris Prager Endowment Fund	
United Jewish Appeal - Local.....	90.00
Myra and Morris Presser Endowment Fund	
Beth Shalom West Synagogue.....	350.00
Joseph and Sonia Rabin Educational Fund	
Hillel Academy.....	450.00
Oavid and Freda Radnoff Endowment Fund	
Hillel Academy.....	100.00
Hillel Lodge.....	100.00
Tamir Foundation.....	100.00
	300.00
John Raichman Memorial Fund	
Ottawa Talmud Torah Afternoon School.....	130.00
Lyla Rasminsky Memorial Fund	
Jewish Community Centre - Library.....	2300.00
Simon and Thelma Riit Memorial Fund	
Ottawa Talmud Torah-Israel Travel Scholarships.....	540.00
Ethel Rivers Memorial Fund	
Hillel Academy.....	250.00
Hillel Lodge.....	250.00
Jewish Community Campus.....	250.00
	750.00

continued on page 25

State of Israel

Bonds

Dedicated

Determined

Deserving



R. Aaron



S. Dalfen



L. Greenberg



R. Kimmel



M. Mayman



T. Steinman

Guest Speaker

Prof. Gerald M. Meister



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Women's Division
State of Israel Bonds
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in honour of Israel's 45th Anniversary
at a
Gala Dinner
recognizing

Six Outstanding Ottawa Women
under the Distinguished Patronage of
Mrs. Maltha Shelef

The fifteenth of April
one thousand nine hundred and ninety three
at seven o'clock in the evening
Congregation Machzikei Hadas
2310 Virginia Drive
Ottawa

1993 State of Israel Bond Purchase

Conwert \$35.00 per person

under supervision of the
Ottawa Had Kahashrush

FOUNDATION GRANTS

Jacob and Leah Rivers Memorial Fund

Hillel Lodge	500.00
Tamir Foundation	500.00
Women's ORT of Ottawa	350.00
	1350.00

Herman and Zelda Roodman Endowment Fund

Canadian Friends of Judaica Archives	120.00
Hillel Academy	100.00
Hillel Lodge	150.00
Ottawa Talmud Torah Afternoon School	100.00
Tamir Foundation	100.00
Camp B'nai Brith	100.00
	670.00

Isadore and Rossie Rose Endowment Fund

Canadian Friends of Judaica Archives	50.00
Hillel Lodge	200.00
United Jewish Appeal - Overseas	250.00
	500.00

Helena and Michael Rosenbaum

(Rohem) Scholarship Fund	
Carleton University - Judaic Studies	400.00

Drs. Truda and Imre Rosenberg Endowment Fund

Temple Israel Dr. Imre Rosenberg Lecture Fund	2500.00
Temple Israel Religious School	200.00
United Jewish Appeal - Local	300.00
Tamir Foundation	200.00
	3200.00

Ben and Mary Rosenblatt Endowment Fund

Hillel Lodge	200.00
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Samuel and Ruth Rothman Memorial Fund

Hillel Academy	250.00
Hillel Lodge	250.00
	500.00

Sylvia and Louis Rubin Endowment Fund

Canadian Friends of Laniado Hospital	500.00
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Robert Rudd Memorial Fund

United Jewish Appeal	186.00
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Anne and Irving Sabran Memorial Fund

Hillel Lodge	120.00
Jewish Family Services	120.00
	240.00

Merida Sachs Memorial Fund

Hillel Lodge	500.00
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Helen and Roy Saige Endowment Fund

Hillel Academy	400.00
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Issie and Minnie Sandler Memorial Fund

Hillel Lodge	180.00
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Rickie and Martin Saslove Family Fund

Operation Exodus	170.00
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Samuel and Lillian Saslove Endowment Fund

Ottawa Jewish Historical Society	100.00
United Jewish Appeal - Local	200.00
United Jewish Appeal - Overseas	200.00
Hearing Impaired	140.00
	640.00

Harry and Frances Saxe Endowment Fund

Hillel Lodge	130.00
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Sam and Dora Schaenfield Endowment Fund

United Jewish Appeal - Overseas	125.00
Canada Israel Foundation For Academic Exchange	100.00
Hillel Lodge	100.00
Tamir Foundation	75.00
	400.00

Dr. and Mrs. Nathan Sebecker Endowment Fund

Hillel Academy	50.00
Hillel Lodge	200.00
Jewish Family Services	50.00
Tamir Foundation	50.00
United Jewish Appeal - Local	100.00
Carleton University Judaic Studies	50.00
Riverside Hospital Foundation	100.00
St. Vincents Hospital	100.00
	700.00

Samuel and Lea Schreiber Endowment Fund

Canadian Friends of Judaic Archives	125.00
Ecole Maimonides	125.00
Ottawa Torah Institute	250.00
	500.00

Clare and Maurice Schwartz Endowment Fund

United Jewish Appeal - Local	480.00
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Vera and Sam Schwartz Endowment Fund

Camp Geshet	100.00
Cancer Research	100.00
Children's Hospital	100.00
Hillel Academy	100.00
Hillel Lodge	200.00
Jewish Students Union	100.00
Ottawa Heart Institute	100.00
Star of David Hebrew School	100.00
Ottawa Talmud Torah Afternoon School	100.00
Tamir Foundation	100.00
	1100.00

Charles and Eva Sector Endowment Fund

United Jewish Appeal - Local	900.00
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Maurice and Goldie Shabinsky Memorial Fund

Hillel Lodge	300.00
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Abraham and Mary Shaffer Memorial Fund

United Jewish Appeal - Local	180.00
United Jewish Appeal - Overseas	400.00
	580.00

Harold Shaffer Memorial Fund

Jewish Family Services	100.00
Ottawa Jewish Historical Society	365.00
Tamir Foundation	175.00
	640.00

Abraham Irving Shenkman Yiddish Memorial Fund

Akiva High School - Yiddish Scholarship	250.00
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Harold Shenkman Foundation

United Jewish Appeal - Local	4750.00
United Jewish Appeal - Overseas	4750.00
	9500.00

Sylvia Sherman Memorial Fund

Canadian Friends of Judaica Archives	40.00
Hillel Lodge	180.00
Ottawa Torah Institute	100.00
	320.00

Arnold Shinder Scholarship Fund

Canada-Israel Cultural Foundation	460.00
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Cecil and Florence Shinder Endowment Fund

Ottawa Heart Institute	140.00
Carleton University Judaic Studies	100.00
Hillel Academy	100.00
	340.00

Harry and Sylvia Shinder Memorial Fund

Camp Geshet	300.00
Hillel Academy	1100.00
Hillel Lodge	1100.00
	2500.00

Israel and Jennie Shinder Endowment Fund

Hillel Academy (Special Project)	1400.00
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Sol and Zelaine Shinder Endowment Fund

Education Resource Centre	850.00
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Shmelzer-Horovitch Endowment Fund

Hillel Lodge	140.00
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Harold and Lillian Shohet Memorial Fund

Hillel Academy	350.00
Hillel Lodge	350.00
	700.00

Israel and Rebecca Shore Memorial Fund

Camp B'nai Brith	170.00
Hillel Lodge	170.00
	340.00

continued on page 26



אידשער אימיגראנטן הילפס פארטיין פון קאנאדע

JEWISH IMMIGRANT AID SERVICES OF CANADA (JIAS)

SERVICES CANADIENS D'ASSISTANCE AUX IMMIGRANTS JUIFS

A NATIONAL AGENCY FOR IMMIGRATION AND IMMIGRANT WELFARE
AGENCE NATIONALE POUR L'IMMIGRATION ET LE BIEN-ÊTRE DE L'IMMIGRANT

NATIONAL SCHOLARSHIPS

GENERAL SCHOLARSHIPS
(Eight Scholarships up to a value of \$2,500)SCHOLARSHIPS IN THE PERFORMING ARTS
(Four Scholarships up to a value of \$2,500)

A. TERMS AND ELIGIBILITY

1. Jewish immigrants who have emigrated to Canada in the past 15 years.
2. Enrolment in a post-secondary programme or equivalent formal training.
3. Awards will be based on academic excellence, past achievements, potential, financial need, and Jewish or other communal activity.

B. APPLICATIONS

1. Applications are available through Jewish Immigrant Aid Services or your local Jewish Family Service.
2. Applications and supporting documentation must be received by April 20, 1993.
3. Address applications and inquiries to:

Professor Donald V. Schwartz, Chair
Jewish Immigrant Aid Services (Canada)
National Scholarship Committee
4600 Bathurst Street, Suite 325
Willowdale, Ontario M2R 3V3

4. Awards will be announced at the JIAS Annual Meeting in late May - early June, 1993.

Canadian Arthritis Foundation.....	225.00
Canadian Cancer Society.....	225.00
Canadian Friends of Bar Ilan University.....	2700.00
Canadian Friends of Haifa Technion.....	2700.00
Canadian Friends of Hebrew University.....	2700.00
Canadian Friends of Weizmann Institute.....	2700.00
	18000.00
Louis and Leah Steinberg Memorial Fund	
Hill Lodge.....	200.00
Jewish Family Services.....	200.00
	400.00
Nathan and Thelma Stehman Endowment Fund	
United Jewish Appeal - Local.....	420.00
William "Bill" Sternberg Memorial Fund	
Hill Lodge.....	440.00
Shirley and Deberah Sugarman Memorial Fund	
Jewish National Fund.....	1800.00
United Jewish Appeal - Local.....	1000.00
	1900.00
Freda and Phil Swedko Memorial Fund	
United Jewish Appeal - Local.....	225.00
United Jewish Appeal - Overseas.....	225.00
	450.00
Casey and Bess Swedlove Endowment Fund	
Jewish Students Union.....	330.00
Joseph and Irene Swedlove Endowment Fund	
Ottawa Heart Institute.....	140.00
United Jewish Appeal - Local.....	100.00
	240.00
Rachel and Zelig Swedlove Memorial Fund	
Hill Lodge.....	450.00
Archie and Lillian Tallor Endowment Fund	
United Jewish Appeal - Overseas.....	540.00
Jay B. Tallor Memorial Fund	
Ottawa Torah Institute.....	300.00
Tamir Foundation.....	300.00
Jewish Students Union.....	250.00
Hillcrest High School.....	250.00
Carleton University - Judaic Studies.....	250.00
Imre Noam Congregation.....	1500.00
Kollel Avrechim.....	1000.00
Kieker Congregation.....	250.00
Shomrei Shabbos Congregation.....	250.00
M.T.T. - Boston Alumni Fund.....	250.00
M.T.T. - Boston Hill on Campus.....	250.00
Mount Sinai Hospital - Toronto.....	500.00
Israel Cancer Research.....	500.00
Shaare Shomayim Congregation.....	500.00
Canadian Friends of Hebrew U. - Prize.....	400.00
Machzikei Hadas Congregation.....	500.00

Canadian Friends of Yeshiva Haye Olam	500.00
London Hebrew Day School - Prize	200.00
Eruv Fund	200.00
Children's Wish Foundation	250.00
Canadian Diabetes Association	100.00
RF Eye Research Foundation	100.00
Canadian Friends of Jerusalem Blind	100.00
Canadian Friends of Judaica Archives	100.00
Canadian Friends of Jerusalem Dental	100.00
Capital Region Hearing Impaired	100.00
Canadian Friends of Bar Ilan University	500.00
(Dr. Gerald Steinberg Centre)	5500.00
Samuel and Anne Taller Endowment Fund	
United Jewish Appeal - Local	400.00
Hillel Lodge	500.00
	900.00
Talmud Torah Afternoon School Fund	2800.00
Claire and Sam Tanner Memorial Fund Camp B'nai Brith	600.00
Saul and Fanny Tanner Memorial Fund Hillel Lodge	630.00
Gifted and Martin Tatz Endowment Fund United Jewish Appeal - Local	170.00
Charles and Rae Tavel Memorial Fund United Jewish Appeal - Local	500.00
Charles and Rose Taylor Endowment Fund United Jewish Appeal - Local	550.00
Tamir	300.00
Jewish Community Centre	300.00
	1150.00
Irving and Ethel Taylor Endowment Fund Jewish Community Centre (West End Fitness)	250.00
Anita Thomas Memorial Fund Jewish Students Union	90.00
Moses, Chenaia and Henry Torontow Memorial Fund Camp B'nai Brith	150.00
Hillel Lodge	100.00
Jewish Community Centre-Hank	200.00
Torontow Cub Pack	450.00
Norman and Stella Torontow Endowment Fund Canadian Friends of Ben Gurion University	340.00
Pearl and Edward Torontow Endowment Fund Hillel Lodge	130.00

continued on page 27

This is where the action is!

UJA Walkathon 1993

Sunday, May 30 , 1993

881 Broadway Avenue

9:00 a.m. 'til 2:00 p.m.

Fun for the whole Family!

FOUNDATION GRANTS

Jewish Family Services	130.00
Ann Vanderzee-Michael Benes Memorial Fund	260.00
United Jewish Appeal - Local	5600.00
Leonard and Hilda (Lasker) Van Straten Memorial Fund	
Canadian Friends of Jerusalem Blind	150.00
Canadian Magen David Adom	150.00
Sara and Zeev Vered Endowment Fund	300.00
Hillel Academy	600.00
Stephen and Gail Victor Endowment Fund	
Jewish Community Centre	570.00
Ruth and Joseph Viner Endowment Fund	
Jewish Students Union	160.00
Sonia and Arthur Viner Endowment Fund	
Camp B'nai Brith	50.00
Camp Geshor	50.00
Hillel Academy	50.00
Hillel Lodge	100.00
Jewish Family Services	100.00
Syrian Jewry	100.00
Ottawa Jewish Historical Society	100.00
Na'Amat for Russian and Ethiopian Jews	100.00
Jewish National Fund in honour of Rabbi Arnold Fine	50.00
	700.00
Wasserman Family Memorial Fund	
Ottawa Chevra Kadisha	300.00
Harry and Rae Weidman Memorial Fund	
Akiva Afternoon High School	100.00
Camp B'nai Brith	100.00
Camp Geshor	200.00
Canadian Friends of Judaica Archives	100.00
Hillel Academy	100.00
Hillel Lodge	100.00
Operation Exodus	600.00
Ottawa Modern Jewish School	100.00
Star of David Hebrew School	100.00
Ottawa Talmud Torah Afternoon School	100.00
Tamir Foundation	100.00
Temple Israel Religious School	100.00
	1800.00
Miriam and Louis Weiner Endowment Fund	
Hillel Lodge	125.00
Tamir Foundation	175.00
	300.00
Joseph and Sonia Weinstein Memorial Fund	
Hillel Lodge	300.00
Max Hand Caroline Weissbord Endowment Fund	
United Jewish Appeal - Local	550.00
Hymie Whitman Memorial Fund	
Hillel Lodge	300.00
Morris and Mariette Woolfson Endowment Fund	
Hillel Academy	220.00
Herbert and Norman Zagerman Families Foundation	
United Jewish Appeal	37000.00
Ervin and Hella Zanger Endowment Fund	
Canadian Institute for the Blind	400.00
Children's Hospital Eastern Ontario	400.00
Grace Hospital	450.00
Hadassah WIZO Canada	400.00
Hillel Lodge	450.00
United Jewish Appeal	450.00
Queensway Carleton Hospital	400.00
Jewish Family Services	450.00
	3400.00
Sam and Helene Zaret Endowment Fund	
Hillel Academy	475.00
Hillel Lodge	475.00
	950.00
Chaim and Sela Zaretsky Memorial Fund	
Hillel Academy	90.00
Hillel Lodge	90.00
	180.00
David Zbar Memorial Fund	
Canadian Friends of Ne'anya Youth Centre	1500.00
Nathan, David and Max Zelikovitz Families Fund	
Canadian Friends of Torah Academy	10000.00
Sandra and Sam Zunder Endowment Fund	
RP Eye Research Foundation	300.00
Total:	\$492,613.00

Held March 14

Knockwood addresses Human Rights Breakfast

by Ruth Kahane
Community Relations Director
Noel Knockwood, a Micmac Elder and Spiritual Leader was the guest speaker at the annual Human Rights Breakfast on Sunday, March 14. The program was organized by the World Jewry Committee of the Jewish Community Council. Co-sponsors were Congregation Machzikei Hadas Synagogue and the B'nai Brith Ottawa and Parliament Lodges.

Mr. Knockwood, who is the Special Advisor to the Commissioner of Native Affairs for Correctional Services Canada, told the gathering that in order for aboriginal peoples to achieve "a thrust into self-determination" what is needed is an acknowledgement of their ways and educational, financial and legal support.

"If given equal opportunity, we can become the masters of our own destiny, but presently we are weak and we need your help," he told about 35 people who braved the aftermath of a weekend snowstorm to attend the event.

The breakfast was held to mark the International Day for the Elimination of Racial Discrimination and 1993 - The International Year of Indigenous Peoples. This marked the first year that the annual event focused on human rights outside the Jewish community.

Co-chairpersons Rabbi Reuven Bulka and Lillian Laks emphasized the importance of the Jewish community becoming more aware of the situation of Aboriginal people and being willing to demonstrate their empathy.

Rabbi Bulka compared the situation of Aboriginal people who have lost their land to the exile of the Jewish people from their homeland. He said it is far more intense "to feel like an exile in a place which should be your home."

"As nations of Indian people or Indian nations, our rights and entitlements to this land were inherited from our forefathers," Mr. Knockwood said. This "does



Rabbi Reuven Bulka and Noel Knockwood

not arise by virtue of any rights granted to us by foreign sovereigns of the Europeans or their succeeding governments. Rather the European immigrants and their descendants live in this land by virtue of the rights we granted them...rights to use and share the lands with us."

"We are deserving of recognition, restoration and compensation for the wrong seizure of our lands and resources therein. We will continue to inhabit, occupy and use these lands for our survival and subsistence according to the rights we have inherited from our forefathers."

He added that survival for a dispossessed people is precarious. "If we are to survive as a people in the future, to be strong and independent as we once were, we must develop and strengthen our existence with a special relationship with the Europeans in this land today."

Responding to a question regarding the rejection of the Charlottetown Accord by Aboriginal people across Canada, Mr.

Knockwood said that for him this decision was "difficult to accept and rationalize." However, he said he had to accept the wishes of the people at the grassroots level who could not accept it because they said it was "complex, confusing, they did not understand it and they felt that they wanted us to make a decision real fast and real quick."

The issues are expected to come to the forefront again during the next federal election. However, the Aboriginal people are not depending on constitutional change, he said. "You don't need constitutional change to have self-government."

Concerning the situation of the Innu People of Davis Inlet, Mr. Knockwood said that they should be able to determine where they will relocate and the government should not be afraid to let them make a mistake or succeed on the basis of their own decisions.

"Let the Aboriginal people, allow them, to develop into a productive people," he added.

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789-5010

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The Board of Directors of the Ottawa Jewish Community Foundation acknowledges with thanks contributions to the following as at March 10, 1993

ROSE AND LOUIS ACHBAR MEMORIAL FUND
Best wishes to Lawrence Freedman for continued good health by Roslyn Sanders.

SAMUEL AND JEAN AKERMAN MEMORIAL FUND
Mazel Tov to Cindy Hartman on her engagement to Simeon by Mom and Dad.

APPOITIVE FAMILY FUND
In memory of Joan Orlik by David and Sharon Appotive.
In memory of Annie Gornitsky by Sid, Debra, Alan and Stacy Bick; by Howard, Sharon, Stephanie and Lindsay Appotive; and by David, Sharon, Ryan, Jaye and Brody Appotive.

BARRY AND RICKI BAKER FUND
In memory of Jenny Green by Aunt Esther Baker, Alyce and Allan Baker and family.
In memory of Louis Lieff by Ricki and Barry Baker and Alyce and Allan Baker.

Mazel Tov to Ruth and Ron Levitan on the engagement of their daughter Riva by Ricki and Barry Baker.

Mazel Tov to Sheila and Larry Hartman on the engagement of their daughter Cindy to Simeon Olsberg by Ricki and Barry Baker.

JACK AND BETTY BALLON FUND
In memory of Jack Ballon by Janet and Joseph Lewis.

ABRAHAM AND RACHEL BARODK MEMORIAL FUND
Mazel Tov to Ab and Phyllis Flatt on the engagement of their daughter Rhonda by Cynthia and Max Weinstein and family.

Best wishes to Mark and Myra Barook on their anniversary by Cynthia and Max Weinstein and family.

Double Mazel Tov to Marvin and Lila Flatt on the birth of their grandson and the engagement of their daughter Bonnie by Cynthia and Max Weinstein and family.

ISAAC AND HELEN BEILES FUND
In memory of Gertrude Kantor by Helen and Isaac Beiles; and by Herb and Pam Beiles.

JACOB AND BERTHA BODKMAN MEMORIAL FUND
Mazel Tov to Sheila and Larry Hartman on the engagement of their daughter Cindy to Simeon Olsberg by Millie and Percy Weinstein; and by Lila and Abe Bookman.

In memory of Louis Lieff by Millie and Percy Weinstein.

RUTH AND EARL BUTOVSKY FUND
In memory of Louis Lieff by Ruth Butovsky.

GOLDIE AND MORRIS CANTOR FUND
In memory of Joan Orlik by Corinne and Mark Geller.
In memory of Gertrude Kantor by Thelma Steinman; and by Mollie Fine.

DAVID AND QUEENIE COHEN FUND
In observance of the Yartzheit of a beloved mother and Bubby Queenie Cohen by David, Judy, Michael and Miriam Kalin.

NATHAN AND REBA DIENER FUND
Mazel Tov to Reba and Nathan Diener on their 40th wedding anniversary by Jean and Max Naemark and family.

LILLIAN AND LEONARD DWORIN FUND
Mazel Tov to Ron and Ruth Levitan on the engagement of their daughter Riva to Richard Roth by Lil and Leonard Dworin.

SAM AND ROSE EDELSON FAMILY FUND
Best wishes to Rose and Sam Edelson on their 55th wedding anniversary by Tillie and Abe Levine; and by Goldie Abramson.

NAT EDELSTEIN MEMORIAL FUND
Best wishes to Shirley Snipper on her special birthday by Doris Edelman.

JOSEPH AND ESTHER EISENSTADT MEMORIAL FUND
Best wishes to Joan Sacksner on her birthday by Barry and Fern Eisenstadt.
Best wishes to Harvey Eisenstadt on his birthday by Barry and Fern Eisenstadt.

ABE AND CYNTHIA ENGEL FUND
In memory of Louis Engel by Cynthia and Abe Engel and family.

KLARA ENGEL MEMORIAL FUND
In memory of Hyman Scarrow by Andre and Shelley Engel and family.

KATIE ELLEN FARBEN MEMORIAL FUND
Best wishes to Sid Kerzner for a r'fuah sh'lemah by Barry and Zahava Farber and family.
In memory of Joan Orlik by Barry and Zahava Farber and family.

BENJAMIN AND FREDA FEINSTEIN FUND
Mazel Tov to Evelyn and Lot Eisenberg on the birth of their

granddaughter by Pearl and David Moskovic.
Mazel Tov to Dr. Melanie Loomer on receiving her Doctorate by Pearl and David Moskovic.

JOSEPH AND BETTY FELLER FUND
Congratulations to Milton and Sarah Shaffer on the engagement of their granddaughter Linda to Warren Melamed by Betty and Joseph Feller.
Congratulations to Milton and Sarah Shaffer on the engagement of their granddaughter Kelly Robinson to Derek Jackson by Betty and Joseph Feller.
Mazel Tov to Dorothy and Herb Nadolny on their 40th wedding anniversary by Betty and Joseph Feller.

Mazel Tov to Susan and Bruce Arbeiter on the engagement of their daughter Stacey to Marshall Dean Salomon by Betty and Joseph Feller.

Mazel Tov to Connie-Gail and Nathaniel Salomon on the engagement of their son Marshall Dean to Stacey Arbeiter by Betty and Joseph Feller.
Yasher Koach to Dr. Martin Tatz on receiving his Doctorate by Betty and Joseph Feller and family.

MAYER AND BETTY FERBER FUND
Congratulations to Sam Gitterman on receiving an award from the Canadian Housebuilders Association Hall of Fame by Mayer and Betty Ferber.

JACK AND TANIA FIRESTONE FUND
Best wishes to Sid Kerzner for a speedy recovery by Tanya Firestone and family.

ALFRED AND KAYSA FRIEDMAN FUND
In memory of Lennart Kuller by Avri, Bright; and by Carol and Lorry Greenberg.

SAMUEL AND IDA GAFFEN FUND
Best wishes to Sam Gitterman on being inducted into the Home Builders' Hall of Fame by Sam and Ida Gaffen and family.

MARTIN GLATT PARLIAMENT LODGE B'NAI BRITH PAST PRESIDENTS FUND
In memory of Lorraine Cassidy by Sari Sherman.
Best wishes to Norma Corbett for a speedy recovery by Sari Sherman.

STAN AND LIBBY GLUBE FAMILY FUND
In memory of Louis Lieff by Libby and Stan Glube.

ANN GLUZMAN MEMORIAL FUND
In memory of Louis Lieff by Arlene and Gary Bonn and family.

ARNELL AND SIMONE GOLDBERG FUND
In memory of Allan Ruckenstein's mother by The Taste of the Nation Committee.

IBDLYA AND HOWARD GOLDBERG FAMILY FUND
Best wishes to Gail Victor on her special birthday by Aunt Eileen and Uncle Ben Goldberg.

EVA, DIANE AND JACK GOLDFELD MEMORIAL FUND
In memory of Joan Orlik by Morley, Eva-Lynn, Kim and Gary Goldfeld.

JACK AND GERT GOLDSTEIN FUND
Best wishes to Raye and Ernie

Goldstein on their special wedding anniversary by Adele and Bernard Shinder.

BEATRICE AND SAMUEL GREENBERG FUND
In memory of Louis Lieff by Bea Greenberg and family.

FRITZI AND MAX (CHIEF) GREENBERG FUND
Mazel Tov to Myrna and Ernie Petchin on their 40th wedding anniversary by Debbie, Norm and Vicky Ferkin.
Mazel Tov to Reba and Nathan Diener on their 40th wedding anniversary by Debbie, Norm and Vicky Ferkin.
Best wishes to Fessie Rose on his 70th birthday by Debbie, Norm and Vicky Ferkin.
In memory of Joan Orlik by Debbie, Norm and Vicky Ferkin; and by Murray and Linda Greenberg.

LAURA AND MILTON GREENBERG FUND
In memory of Louis Lieff by Laura Greenberg.
In memory of Gertrude Kantor by Laura Greenberg.
Mazel Tov to Melissa Hecker-Greenberg on being admitted to the Ontario Bar by Sandra and Sam Zunder.

SAMUEL AND BESSIE GREENBERG FUND
In memory of Igor Ulitsky by Ben and Dorothy Greenberg.

GROSSMAN KLEIN FAMILIES FUND
Mazel Tov to Ira and Francine Birns on the birth of their son by Vera and Leslie Klein and sons.
Mazel Tov to Howard and Renée Birns on a birth of their daughter by Vera and Leslie Klein and sons.

Mazel Tov to Edith and Fred Birns on the birth of their two new grandchildren by Vera and Leslie Klein and sons.
In memory of Lennart Kuller by Vera and Leslie Klein and sons.

FRANCES HARTMAN MEMORIAL FUND
Mazel Tov to Sheila and Larry Hartman on the engagement of their daughter Cindy to Simeon Olsberg by Jack Hartman and Shirley Streen.

Best wishes to Faye Zeed on her 80th birthday by Jack Hartman and Shirley Streen.

LARRY AND SHEILA HARTMAN FUND
Mazel Tov to Sheila and Larry Hartman on the engagement of their daughter Cindy to Simeon Olsberg by Marilyn and Gan Kimmel.

HILLEL ACADEMY ENDOWMENT FUND
In memory of Usher Caplan's mother and father by Carol and Laurie Pascoe.
Best wishes to Sid Kerzner for a r'fuah sh'lemah by Libby and Stan Katz.

HILLEL LODGE ENDOWMENT FUND
Mazel Tov to Isabel and Norman Lesh on all their naches by Dena and Herb Gosewich.
In memory of Gittel Brown by David, Judy, Michael and Miriam Kalin.
Best wishes to Marilyn Newman on her special birthday by Simmy and Chuck Gardner.
Best wishes to Oebra Schneiderman for a r'fuah sh'lemah by Board and Staff Vaad/ U.J.A./Foundation; and by Maureen and Henry Molot.

HY AND PAULINE HOCHBERG FUND
Best wishes to Marilyn Newman on her special birthday by Pauline Hochberg and Archie Kassirer.

NATHAN AND YETTA HOCHBERG MEMORIAL FUND
Mazel Tov to Evelyn and Lou Eisenberg on the birth of their granddaughter by Steven and Linda Kerzner.

In memory of Sandy Segal by Steven and Linda Kerzner.
In memory of Joan Orlik by Steven and Linda Kerzner.

DOROTHY AND HY HYMES FUND
Best wishes to Sid Kerzner for a r'fuah sh'lemah by Dorothy and Hy Hymes.

In memory of Louis Lieff by Dorothy and Hy Hymes; by Barbara, Alexandra and Rebecca Fine; by Rhea, Jeff, Elana and Lorne Hochstadter; and by Goldie Abramson.

In memory of Jack Ballon by Dorothy and Hy Hymes.
Best wishes to Rose and Sam Edelson on their 55th wedding anniversary by Dorothy and Hy Hymes.

Best wishes to Marty Saslove on his 60th birthday by Rhea, Jeff, Elana and Lorne Hochstadter.

Best wishes to Ed Saslove on his 65th birthday by Rhea, Jeff, Elana and Lorne Hochstadter; and by Barbara, Alexandra and Rebecca Fine.

Best wishes to Dorothy and Herb Nadolny on their 40th wedding anniversary by Barbara, Alexandra and Rebecca Fine.
In memory of Joan Orlik by Rhea, Jeff, Elana and Lorne

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K1P 5A5

Establishes fund to mark Bar Mitzvah

The officers and directors of the Ottawa Jewish Community Foundation are pleased to announce the establishment of the Gregory Cogan Scholarship Fund in celebration of his Bar Mitzvah, Saturday, May 8.

Gregory is following the tradition set by his brothers, Howard, Jeffrey, Andrew and Michael. His particular interest lies in the field of visual arts and he is hopeful, that through this fund, he will be able to help establish a performing arts program at a high school in Tel Aviv.

Gregory is the son of Fred and Lisa Cogan. He currently attends Ashbury College where his focus is on social studies, basketball, tennis and skiing.

The fund will be open-ended and family and friends may add to it at any time. The capital will be invested in perpetuity and only the income distributed as directed by Gregory Cogan.



Gregory Cogan

Hochstadter.

Best wishes to Rose and Morris Konick on their 50th wedding anniversary by Dorothy and Hy Hymes.

JEWISH COMMUNITY CENTRE YOUTH SERVICES FUND

In memory of Pearl Ruckenstein by Board and Staff of the Jewish Community Centre.

JEWISH FAMILY SERVICES AGENCY FUND

In memory of Joan Orlik by Sandra and Norman Slover.

In memory of Igor Ulitsky by Elaine and Eli Rabin.

Mazel Tov to Gloria and Barry Trainoff on the birth of their grandson Ari Sydney by Elaine and Eli Rabin.

Best wishes to Debra Schneiderman for a r'fuah sh'lemah by Board and Staff of Jewish Family Services.

JEREMY KANTER MEMORIAL FUND

Mazel Tov to Jack and Linda Smith on the birth of their granddaughter by Evelyn and Lou Eisenberg.

In memory of Joan Orlik by Evelyn and Lou Eisenberg; and by Julie and Jeff Kanter and family.

Best wishes to Dr. William Goldstein for a complete recovery by Evelyn and Lou Eisenberg.

Best wishes to Evelyn and Lou Eisenberg on the birth of their granddaughter by Leslie and Lionel Shinder.

MAX AND DORA KAPINSKY KARP MEMORIAL FUND

Best wishes to Dorothy and Maurie Karp on their 35th wedding anniversary by Norma and Phil Lazear and family; and by Etta Karp and family.

EVA AND ISRAEL KARDISH FUND

Best wishes to Sid Kerzner for a r'fuah sh'lemah by Eva and Israel Kardish.

Mazel Tov to Steven and Laurie Gordon on the birth of their baby by Margo, David, Aaron and Gail Kardish.

Mazel Tov to Mazal and Norry Satov on the birth of their baby by Margo, David, Aaron and Gail Kardish.

In memory of Irving Kulik's mother by Margo, David, Aaron and Gail Kardish.

In memory of Joan Orlik by Margo, David, Aaron and Gail Kardish.

JACOB AND ESTHER KIZELL MEMORIAL FUND

Mazel Tov to Sonia Kizell on the birth of her great-granddaughter Sigal by Ruth and Arthur Kizell; by Laura Greenberg; and by Herb and Pam Beiles.

Mazel Tov to Mickey and Geena Gottlieb on the birth of their daughter Sigal by Herb and Pam Beiles.

Mazel Tov to Dr. and Mrs. Gerry Pearl on the birth of their granddaughter Sigal by Herb and Pam Beiles.

NORMAN AND SONIA KIZELL FOUNDATION

Mazel Tov to Dr. and Mrs. Gerry Pearl on the birth of their granddaughter by Auntie Helen and Uncle Isaac Beiles.

Mazel Tov to Sonia Kizell on the birth of her great-granddaughter by Helen and Isaac Beiles.

GERTRUDE (PLEET) KOTLARSKY MEMORIAL FUND

In observance of the Yartzheit of a beloved wife, mother and grandmother Gertrude Kotlarsky, Adar 26, by Harry and John Kotlarsky and Carol Dworkin.

KRANTZBERG KRANE FAMILY FOUNDATION

Mazel Tov to Jack and Linda Smith on the birth of their granddaughter by Clair and Julius Krantzberg.

Mazel Tov to Karla and Joe Morrison on the birth of their daughter by Clair and Julius Krantzberg.

In memory of Louis Lieff by Clair and Julius Krantzberg.

RIVA AND ABRAHAM KROLL MEMORIAL FUND

In observance of the Yartzheit of a dear sister-in-law Riva Kroll by Ellen Lithwick.

In observance of the Yartzheit of a dear Aunt Riva Kroll by Norton, Vicky and Sheila.

In observance of the Yartzheit of a dear sister-in-law and aunt Riva Kroll, 10 Adar, by Rose Lithwick and family.

JACOB AND ROSE LANDAU MEMORIAL FUND

Mazel Tov to Dr. and Mrs. Benny Goldberg on Hana's

engagement by Sylvia, Irving and Frances Shier.

Best wishes to Sid Kerzner for a r'fuah sh'lemah by Sylvia and Irving Shier; and by Franceen Shier, Robyn and Debra.

Mazel Tov to Gloria and Barry Trainoff on the birth of their grandson by Sylvia, Irving and Franceen Shier.

Best wishes to Edith Landau on her birthday by Laura, Mark and Missy Greenberg; and by Debbie and Herb Cosman and family.

In memory of Hyman Seadowsky by Franceen Shier, Robyn and Debbie.

HARRY LEIKIN ENDOWMENT FUND

Best wishes to Mr. and Mrs. Abe Palmer on their 58th wedding anniversary and best wishes to Bertha on her birthday by Libby and Stan Katz.

SAMUEL AND MARY LESH MEMORIAL FUND

Mazel Tov to Isabel and Norman Lesh on the engagement of their son Steven to Hildy Reichstein by Goldie and Jack Lobel and family.

Mazel Tov to Ruth and Ronald Levitan on the engagement of their daughter Riva to Richard Roth.

In memory of I.B. "Izzie" Fleisher by Med Hassan.

BEN AND SHIRLEY LEVIN FUND

Best wishes to Mr. and Mrs. Ben Levin on their 50th wedding anniversary by Hilde and Werner Straus.

JOSEPH AND JEAN LICHTENSTEIN FUND

Best wishes to Sid Kerzner for a speedy recovery by Joe and Jean Lichtenstein.

JOSEPH AND EVELYN LIEFF FUND

Best wishes to Hon. Justice A.H. Lieff on his special birthday by Norman, Francine and Rachel Lieff.

In memory of Louis Lieff by Rose (David) Fine; by Bessie Ellis; by Gerry and Morrie Krantzberg; by Roslyn Sanders; by Ellen, Marty and Sharon Cardash; by Miriam and Jack Pleet; by Simmy and Chuck Gardner; by Carol and Lorry Greenberg; and by Phyllis and Marvin Silverman.

LOUIS AND JEANNE LIEFF FUND

Best wishes to Sara Dworkin for a speedy recovery by Jeanne Lieff.

Best wishes to Dora Wolfe for a speedy recovery by Jeanne Lieff.

In memory of Louis Lieff by Elissa, Avraham, Michal and Daniel Iny.

ARNOLD AND ROSE LITHWICK FAMILY FUND

Best wishes to Dr. and Mrs. Harvey Lithwick on their wedding anniversary by Auntie Helen and Uncle Isaac Beiles.

In loving memory of a dear brother-in-law and uncle Arnold Lithwick, 16 Adar, by Ellen Lithwick and family.

Mazel Tov to Monique Lithwick on her birthday by Aunt Ellen Lithwick.

Mazel Tov to Dr. and Mrs. Harvey Lithwick on their 29th wedding anniversary by Aunt Ellen Lithwick.

IRVING AND ELLEN LITHWICK FUND

Best wishes to Ellen Lithwick for a r'fuah sh'lemah by Helen and Isaac Beiles; and by Herb and Pam Beiles.

Best wishes to Vicky Lithwick on her birthday by Rose Lithwick and family.

JACOB MALOMET MEMORIAL FUND

In memory of Louis Lieff by Diana and Alvin Malomet.

DAVE, LOUIS AND LAZ MIRSKY FUND

In memory of Lennart Kulter by Sybil and Laz Mirsky.

In memory of Sid Abelson by Sybil and Laz Mirsky.

In memory of Louis Lieff by Sybil and Laz Mirsky; and by Debbie and Herb Cosman and family.

Best wishes to Lil and Sol Max on their special anniversary by Sybil and Laz Mirsky.

NORMAN MIRSKY MEMORIAL FUND

In memory of Rebe Gass by Frances, Michael and Rick Pearlman.

HERBERT AND DOROTHY NADOLNY FUND

Best wishes to Sid Kerzner for a r'fuah sh'lemah by Dorothy and Herb Nadolny.

PINKAS AND YEHUDIT NEWMAN MEMORIAL FUND

Mazel Tov to Ruth and Ren Levitan on the engagement of their daughter Riva to Richard Roth by Marilyn and William Newman.

OTTAWA MODERN JEWISH SCHOOL FUND

In memory of Joan Orlik by Tal, Shami, Paz and Elitan Maoz; by Helen and Chaim Gilboa; and by Rose and Jack Young.

MIRIAM AND JACK PLEET FUND

Best wishes to Goldie Abramson for continued good health in her new home by Miriam and Jack Pleet.

Best wishes to Lawrence Freedman for continued good health by Miriam and Jack Pleet.

NANCY AND LARRY PLEET FUND

In memory of Joan Orlik by Nancy and Larry Pleet; and by Janice and Howard Spungin and Evan Pleet.

NORMAN AND EVELYN POTECHIN FUND

Best wishes to Sally Teller on her birthday by Evelyn and Norman Potechin.

Best wishes to Mr. and Mrs. Leonard Potechin on their wedding anniversary by Evelyn and Norman Potechin.

JACOB AND LEAH RIVERS MEMORIAL FUND

Best wishes to Dr. Bill Goldstein for a r'fuah sh'lemah by Ann and Stan Goldberg, Claudia and Jason.

HELEN AND ROY SAIPE FUND

Best wishes to Dorothy Martin on her 50th birthday by the Borovay family.

RICKIE AND MARTIN SASLOVE FAMILY FUND

In honour of Marty Saslove's 60th birthday by Bill and Jane James.

SAMUEL AND LILLIAN SASLOVE FUND

In memory of Gertie Kantor by Lil Saslove.

SAM AND DORA SCHAEFFEL FUND

Best wishes to Mildred Schaeffel on her birthday by Sam and Dora Schaeffel.

VERA AND SAM SCHWARTZ FUND

In memory of Sandy Segal by Ruth and Leonard Kirsh.

MAURICE AND GOLDIE SHABINSKY MEMORIAL FUND

Mazel Tov to Gloria and Barry Trainoff on the birth of their grandson Ari Sidney Nusbaum by Zeleine and Sol Shinder and family; by Leslie, Lionel, Jason and Reesa Shinder; and by Eitel and David Malek and family.

ABRAHAM AND MARY SHAFFER MEMORIAL FUND

In memory of Ben Kotel by Sandra and Jimmy Zagon.

In observance of the Yartzheit of a dear brother Irving Shaffer by Sheldon and Sonia Shaffer.

Continued on next page

In Appreciation

Sincere thanks to all our friends for their kindness, expressions of sympathy and donations to charitable organizations on the recent passing of our beloved mother, Pearl Ruckenstein.

Susan and Allan Ruckenstein

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HARRY AND SYLVIA SHINDER MEMORIAL FUND

Best wishes to Dahlia Liechtenstein for a r'fuah sh'lemah by Ethel and David Malek.

Best wishes to Sid Kerzner for a speedy recovery by Leslie and Lionel Shinder.

In memory of Dave Aronovitch by Bea and Murray Garceau.

In memory of Igor Ulitsky by Ethel and David Malek.

SDL AND ZELAINE SHINDER FUND

In memory of Igor Ulitsky by Zelaïne and Sol Shinder.

HAROLD AND LILLIAN SHIDHET MEMORIAL FUND

In appreciation to David Shidhet by the family of the late Chari Etzkovitch.

LOUIS SLACK MEMORIAL FUND

Best wishes to Dorothy Martin on her special birthday by Myra and Lester Aronson.

In memory of Joan Orlik by Joy and Seymour Mender and family.

LOUIS AND LEAH STEINBERG MEMORIAL FUND

Best wishes to Sid Kerzner for a r'fuah sh'lemah by Joyce and Jack Steinberg.

Best wishes to Rae Kevanstein on her 80th birthday by Joyce and Jack Steinberg.

HYMAN AND MOLLY STEINMAN MEMORIAL FUND

In observance of the Yezheit of a beloved grandmother Molly Steinman by Irving Aaron.

NATHAN AND THELMA STEINMAN FUND

In memory of Joan Orlik by Esther Cantor.

CASEY AND BESS SWEDLOVE FUND

In memory of Lennart Kuller by Bess and Casey Swedlove.

JOSEPH AND IRENE SWEDLOVE FUND

Best wishes to Ellen Lithwick for continued good health by Irene Swedlove.

ARCHIE AND LILLIAN TALLER FUND

Best wishes to Sid Kerzner for a speedy recovery by Lillian and Archie Taller.

Best wishes to Tami and Bob Berezin on their 50th wedding anniversary by Lillian and Archie Taller.

In memory of Joan Orlik by Lillian and Archie Taller.

SAMUEL AND ANNE TALLER FUND

Best wishes to Sid Kerzner for a speedy recovery by Anne Taller.

In memory of Louis Lieff by Anne Taller.

Best wishes to Ruben Riskin for good health always by Anne Taller.

Best wishes to Edith and Harry Levine on their 49th wedding anniversary by Anne Taller.

CHARLES AND RAE TAVEL MEMORIAL FUND

Best wishes to David Gaty for a speedy recovery by Sunny and JoAnn Tavel.

MOSES, CHENYA AND HENRY TORDTOW MEMORIAL FUND

Best wishes to Eleanor Tordtow for a happy and healthy birthday by Jean and Max Naemark and family.

STEPHEN AND GAIL VICTOR FUND

Best wishes to Sid Kerzner for

a r'fuah sh'lemah by Stephen and Gail Victor.

Best wishes to Jack Koffman for a r'fuah sh'lemah by Stephen and Gail Victor.

In memory of Joan Orlik by Stephen and Gail Victor.

Best wishes to Gail Victor on her special birthday by Sandy Marchello.

RUTH AND JOE VINER FUND

In memory of Joan Orlik by Ruth and Joe Viner.

In memory of Louis Lieff by Ruth and Joe Viner.

In memory of Terry Wunder by Ruth and Joe Viner and by Sandra and Jackie Levinson.

SONIA AND ARTHUR VINER FUND

Best wishes to Arthur Viner on his birthday by Sam and Dora Schaenfield.

HARRY AND RAE WEIDMAN MEMORIAL FUND

With appreciation to Lana Tanner by Roslyn and Myes Taller.

Mazal Tov to Tracey and Bob Horlick on the engagement of Adrienne to Allan Goldstein by Roslyn, Myes, Jodi and Julia Taller.

In memory of Sandy Segal by Marcia Dworkin.

JOSEPH AND SONIA WEINSTEIN MEMORIAL FUND

Best wishes to Mr. and Mrs. Max Weinstein on their son Joel receiving his law degree by Yetta and Larry Arron.

Best wishes to Joel Weinstein receiving his law degree by Auntie Yetta and Uncle Larry Arron.

Best wishes to Ab Flatt on his special birthday by Yetta and Larry Arron.

Best wishes to Mr. and Mrs. Ab Flatt on the engagement of Rhonda to Joshua Charlat by Yetta and Larry Arron.

MAX H. AND CAROLINE WEISSBORD MEMORIAL FUND

In memory of Reb'vuz Luba Neumark by Ruth and Zenith Singer and family.

HYMIE WHITZMAN MEMORIAL FUND

Best wishes to Judie Koss for continued good health by Ruth and Leonard Kirsh.

MORRIS AND MARIETTE WODLESN FUND

In memory of Louis Lieff by Mariette and Morris Woolfson.

Best wishes to Ellen Lithwick for a r'fuah sh'lemah by Mariette and Morris Woolfson.

NATHAN, DAVID AND MAX ZELIKOVITZ FAMILIES FUND

Best wishes to Ronnie Green on his special birthday and retirement by Margo, David, Aaron and Gail Kardish.

Mazal Tov to Thomas Sachs on his 100th birthday by Jess and Wendy Zelikovitz.

SANDRA AND SAM ZUNDER FUND

Mazal Tov to Evelyn and Lou Eisenberg on the birth of their granddaughter by Sandra and Sam Zunder.

Best wishes to Sid Kerzner for a r'fuah sh'lemah by Sandra and Sam Zunder and family.

In memory of Joan Orlik by Sandra and Sam Zunder.

In memory of Sandy Segal by Sandra and Sam Zunder.

In memory of Louis Lieff by Sandra and Sam Zunder.

Mazal Tov to Sol and Sibyl Goldmaker on the marriage of their daughter Judy by Sam and Sandra Zunder.

Contributions may be made by phoning Howard Goldberg at 789-7306, Monday to Friday 10-4. Attractive cards are sent to convey the appropriate sentiments. All donations are acknowledged with an official receipt for income tax purposes. WE ACCEPT VISA.

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All applicants should provide a letter stating why you think you are eligible, enclose any support material you may think relevant, to be received no later than May 15, 1993 to:

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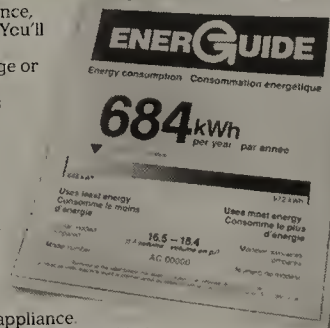
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Community Calendar

The following information is taken from the community calendar maintained by the Women's Federation of the Jewish Community Council. Organizations who would like their events to be listed, no matter where they are to be held, should make sure they are recorded by advising Howard Goldberg, Calendar Co-ordinator at 789-7306 between 10 a.m. and 4 p.m. Accurate details must be provided.

Monday, March 29

Jewish Community Centre Golden Age Club Meeting and Speaker: R. Shapps, Jewish Community Centre, 151 Chapel Street, 1:00 p.m.

Agudath Israel Sisterhood Drop-In Bridge, Agudath Israel Synagogue, 1400 Coldrey Avenue, 1:00 - 3:00 p.m.

Canada-Israel Committee Policy Conference Plenary Session on Israel-American Relations: "Does The New U.S. Administration Herald Changes?" Ottawa Congress Centre, 7:00 - 9:30 p.m.

Jewish Community Centre and Embassy of Austria Jewish Music Festival Closing Concert, Museum of Natural Sciences, McLeod Street, 7:30 p.m.

Tuesday, March 30

Canada Israel Committee Policy Conference and Parliamentary Dinner: Policy Conference: 9:30 a.m. - 5:00 p.m. Cocktails: 5:30 p.m. - 6:30 p.m.; Dinner 6:45 p.m. - 9:30 p.m., Ottawa Congress Centre.

Jewish Community Centre Drop-In Diner, Jewish Community Centre, 151 Chapel Street, 12:00 - 1:15 p.m.

Wednesday, March 31

Jewish Community Centre Chess Club, Jewish Community Centre, 151 Chapel Street, 7:00 p.m.

Jewish Community Council Board of Trustees Meeting, Jewish Community Centre, 151 Chapel Street, 7:30 p.m.

Monday, April 5

Jewish Community Centre Golden Age Club
NO PROGRAM (EVERY TO PASSOVER)

Tuesday, April 6

FIRST DAY OF PASSOVER

Ottawa Academy for Liberal Judaism and Temple Israel Annual Community Seder, Temple Israel, 1301 Prince of Wales Drive, 6:00 p.m.

Wednesday, April 7

SECOND DAY OF PASSOVER

Monday, April 12

SEVENTH DAY OF PASSOVER

Tuesday, April 13

EIGHTH DAY OF PASSOVER

Thursday, April 15

State of Israel Bonds Women's Division 1993 Opening Function, Machzikei Hadas Synagogue, 2310 Virginia Drive, 6:00 p.m.

Jewish Community Centre Partners of Two Backgrounds Meeting, Jewish Community Campus, 881 Broadview, 7:30 - 9:30 p.m.

Sunday, April 18

YOM HASHOA

Monday, April 19

Jewish Community Centre Golden Age Club Meeting, Yom Hashoa Program, Jewish Community Centre, 151 Chapel Street, 1:00 p.m.

Agudath Israel Sisterhood Drop-In Bridge, Agudath Israel Synagogue, 1400 Coldrey Avenue, 1:00 - 3:00 p.m.

Tuesday, April 20

Jewish Community Centre Drop-In Diner, Jewish Community Centre, 151 Chapel Street, 12:00 - 1:15 p.m.

O.R.T. Chavariot Chapter Meeting, Home of Shelli Kimmel, 2 Wildbriar Way, 7:30 p.m.

Malca Pass Library Book Discussion Group, Book Review of "My Son's Story" by Nadine Gordimer. Reviewed by Sharon Davidson, Agudath Israel Synagogue, 1400 Coldrey Avenue, 8:00 p.m.

Machzikei Hadas Sisterhood General Meeting, 2310 Virginia Drive, 8:00 p.m.

Thursday, April 22

United Jewish Appeal Women's Business and Professional Division Program, Embassy West Hotel, 1400 Carling Avenue, 7:00 p.m.

Friday, April 23

Habonim Dror Shabbat Dinner, Embassy West Hotel, 1400 Carling Avenue, 7:00 p.m.

Sunday, April 25

Beth Shalom West Sisterhood Spring Fair, Beth Shalom West Synagogue, 15 Chartwell Avenue, 9:00 a.m. - 4:00 p.m.

Ecole Maimonides Teens Tykes & Toddlers Culture Club, 25 Esquimalt Drive, 10:00 a.m.

Jewish Community Centre Library Book Discussion Group to Discuss "Eve's Tattoo", Jewish Community Centre, 151 Chapel Street, 1:45 p.m.

Yom Ha'Atzmauth Celebrating Machzikei Hadas Synagogue, 2310 Virginia Drive, 7:30 p.m.

Monday, April 26

Jewish Community Centre Golden Age Club Birthday Luncheon & Bingo Meeting, Jewish Community Centre, 151 Chapel Street, 12:30 p.m.

Agudath Israel Sisterhood Drop-In Bridge, Agudath Israel Synagogue, 1400 Coldrey Avenue, 1:00 - 3:00 p.m.



An acrylic entitled *People J* by Eugeny Timerman.

CJC showcases Russian art

by Geri Migicovsky

The Salon of the National Arts Centre will showcase Russian contemporary arts, April 19-30. This show is presented by the Canada-Israel Cultural Foundation under the auspices of the Embassy of Israel.

Approximately 35 to 40 original paintings will be displayed. They represent the work of Russian artists who have recently emigrated to Israel. The show will include works in oil, mixed media, drawings and watercolours. This is the first time contemporary Russian artists, with their

unique style and native influences, are being presented in Ottawa. These are exceptional paintings and are very reasonably priced. The art will be available for sale at the conclusion of the showing.

The Canada-Israel Cultural Foundation is dedicated to the interchange of culture between Canada and Israel. It endeavours to present the best of music and art for the enjoyment of both countries.

For additional information please call Edie Koranyi at 236-6353 or Ruth Miller at 731-0331.

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will air a ONE-HOUR SPECIAL

Monday, March 29 at 9:00 p.m.

and

Wednesday, May 5 at 12:00 noon

on:

"THE HOLOCAUST AS HISTORY:

WHAT DO WE TELL OUR CHILDREN?"

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April 2	6:13 p.m.
April 9	7:23 p.m.
April 16	7:31 p.m.
April 23	7:40 p.m.

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Condolences

Condolences are extended to the families of:

Beatrice Freedman, Montreal, (wife of the late Michael Freedman)

Howard Karp, Montreal, (brother of Nap Kapinsky and Maurie Karp)

Dr. Stephen Klaiman

Morris Kramer, Montreal, (father of Carolyn Telner)

Abe Liberman, Montreal, (brother of Eva Snyder)

Miriam Mendelsohn

Newton Prager, Pembroke

Irving Rabinovitch, Montreal (brother of Eva Senman)

Harold Spinder

Samuel Weisz

May their memories be a blessing.

Russian jewels shine in Israel

TEL AVIV, (JTA) — The Imperial Russian crown jewels, which have never before been shown to the public outside the former Soviet Union, have gone on display at the Israel Diamond Exchange in Ramat Gan.

The exhibition, billed as "The Treasures of Russia," comprises 150 rough and cut diamonds and other precious stones, historical objects from the 18th and 19th centuries and a wealth of gold and silver artifacts.

The jewelry, on display at the diamond exchange's Harry Oppenheimer Museum, was largely the work of European jewellers who went to the Czarist court to ply their craft.

Among them were jewellers of the House of Faberge, original designers of the famed Faberge eggs, which are encrusted with precious stones.

The collection itself was begun by Czar Peter I, who kept them in the Diamond Room of the Winter Palace in St. Petersburg.

During the 1917 Bolshevik Revolution, the treasures were transferred to the Kremlin and a special body, the Goskhran (State Depository of Russia), was established to care for it.

In 1991, the collection was placed under the authority of the State Department for Precious Stones and Metals. It is this body which finally, after months of negotiations, allowed the collection to begin a world tour at the Israel Diamond Exchange.